



Tai Chi for Arthritis, Health and Wellness

FREE COMMUNITY SERVICE



Simple and easy steps to follow.
 Good for anyone of any physical condition, or age.
 Can be practiced standing and sitting.
ALL ARE WELCOME!!!



Health benefits of Tai-Chi exercise:

- Increase Muscle strength & Flexibility
- Balance/Coordination
- Ease pain and stiffness
- Increase bone density
- Improve sleep
- Reduces stress
- Enhances immunity
- For overall wellness



When: Every Monday 1-2PM

Where: Costa Mesa/Donald Dungan Library
 1855 Park Avenue, Costa Mesa, CA 92627
 (indoors or outdoors depends on weather condition)

Who: Catherine Lu, L.Ac.

SPACE IS LIMITED!
PLEASE CALL FOR RESERVATIONS: (949) 723-0054

