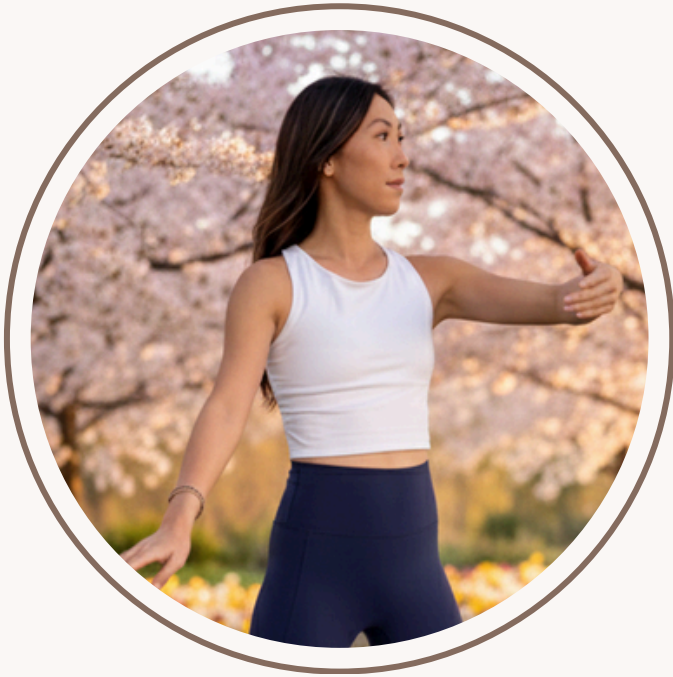




MOVING MEDITATION TAI CHI

Flow with Katy



*Learn the 24 Yang Form.
Along with Qigong warm-ups
and cool-downs we all enjoy.*

Come join us!

Wear comfortable clothes.
No special equipment needed.

STONEGATE
Community Health Centre



flowwithkaty



@flowwithkaty



www.flowwithkaty.com

BENEFITS OF TAI CHI

- Suitable for seniors
- Easy to learn + follow
- More energy + less stress
- Improves balance + flexibility
- Improves joint health
- Strengthens immune system
- Improves posture + balance
- Improves emotional balance
- Improves mental clarity



April 16 - June 4



Thursdays 2:00PM-3:00PM



Stonegate CHC - Trillium Room

To register call

416-231-7070 Ext. 307

or email us at

health.promotion@stonegatechc.org