

Tai Chi

With Julie Papadakos



Join us on Wednesday, September 21 at 7:00 PM for a demonstration of the benefits of Tai Chi. Julie is a certified instructor and a black belt in the art of Tai Chi. Julie is also a registered Occupational Therapist. This is our first meeting of the fall season and it will be a fun one. Julie has taught Tai Chi in the Health and Wellness Center and will show us how the program will benefit Mended Hearts. Wear comfortable clothing and participate in this fun and interactive program.

Our monthly meetings are on the third Wednesday of the month and start at 7:00 PM. Light, heart healthy refreshments courtesy of Mission Hospital are served at 6:30 PM. Come listen and bring your questions.