



**Meals on Wheels and  
Senior Outreach Services**



# **Tai Chi: Moving for Better Balance**

## **Free Tai Chi Classes**

**Tuesday, March 13, 2018  
thru  
Tuesday, May 29, 2018**

**1 pm - 2 pm**

**Casa Del Rio  
Senior Housing  
615 West Seventh Street  
Antioch, CA**



**Enhancing  
the quality of  
life for older  
adults in  
Contra Costa  
County**

**For further information contact  
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**Meals on Wheels and  
Senior Outreach Services**  
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**MOWSOS is an equal opportunity provider and employer.**