



## 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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