



Perrine Community House at Palmetto Bay  
900 Perrine Avenue (97<sup>TH</sup> Avenue)  
10:45AM-11:45AM

Participants are required to sign a one-time waiver form.  
Bring your towel & water bottle.

*Tai-Chi* creates balance, flexibility and a sense of calmness which focuses on breathing and mental imagery. Tai-chi integrates your mind and body and is very effective at relieving stress.



ALL levels and AGES welcome.

Thursdays: October-November 2019

October

10, 17, & 24th

November

14 & 21

**\*\* Schedule is subject to change**

RSVP & Sign Waiver online at

[www.palmettobay-fl.gov](http://www.palmettobay-fl.gov)

More Information

305-259-1234