



**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**