



LONG BEACH PARKS, RECREATION AND MARINE IN PARTNERSHIP WITH
THIRD DISTRICT COUNCILWOMAN SUZIE PRICE AND FOURTH DISTRICT COUNCILMAN DARYL SUPERNOW
PRESENT A FREE MINDFUL AGING SERIES

TAI CHI CLASS

Join us for an opportunity to strengthen your mind, body and spirit.

..... **Fridays, April 14-May 19, 2017**
10-11 a.m.

Instructor: Daniel Hoover.

Tai Chi Chuan is a slow moving internal martial art that helps
improve our balance and health in many ways. Bring water.

CLASSES HELD AT:

**Grass area by Lawnbowling Center,
1109 Federation Dr., Long Beach**

For more information, call (562) 570-3150

