

TAI CHI IN CAYUGA PLAYGROUND WITH MASTER WEI SHENG CHEN



免费太极课

卡尤加游乐场和陈老师
(Master Wei Sheng Chen)

最后两个星期三

当月11:00

Free Classes Last two Wednesdays of the month at 11:00 am

Master Wei Sheng Chen from SF Chinatown continues to share his masterful Tai Chi with older adults in our Cayuga Community Connectors program.

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Master Wei Sheng Chen has been practicing Tai Chi and was trained by the finest Masters in China.

MEET AT CAYUGA PARK



Naglee Ave. and Cayuga Ave., SF

Contact: Patti Spaniak

415-821-1003, ext. 106

Email: patti@sfccommunityliving.org

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Community Living Campaign

Cultivating connections to help seniors and people with disabilities age and thrive at home.

Cayuga Community Connectors

Changing Strangers into Neighbors and Neighbors into Friends



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