## TAICH

Tai Chi has many benefits that include strengthening the muscles and organs, improvement in balance and mobility, relaxing the mind and body, improved blood circulation, and increased memory and concentration.

## **Mondays**

1:00 p.m.- 2:30 p.m.

**Cost: Free** 

For more information contact:

## **Norwalk Senior Center**

14040 San Antonio Dr. Norwalk Ca, 90650 (562)929-5580

Seniorcenter@norwalkca.gov

