



Tai Chi for Health

Tai Chi for Arthritis for Fall Prevention

Skill Builder Workshop
with Senior Trainer
Terry Crews

Who should participate:

Tai Chi for Arthritis certified instructors, Tai Chi students

February 1, 2018

1:30 - 4:45 pm

Lake Havasu City Aquatic Center Room 155/156

More Information & Registration:

Terry Crews, terry@taichiwithterry.com

209-914-5487

hosted by

