

Tai Chi Classes

ARTHRITIS & BALANCE



BEGINNER LEVEL CLASSES

WEDNESDAYS

10:00AM—12:00PM

JANUARY 9TH—MARCH 27TH

ADVANCED LEVEL CLASSES

WEDNESDAYS

1:00PM—2:30PM

JANUARY 9TH—ONGOING

Cost: \$5.00 per session

Call 906-341-3254 to register

Location: Harbor View Towers 400 E Lakeshore Dr.

Classes led by Marjorie Harlow and
Lynn Ballard, Schoolcraft Memorial
Hospital Rehabilitative Services

