



RICHMOND CENTRE FOR DISABILITY WELCOMES YOU TO

July 7th 2008 – August 18th 2008

Please note that there will be no class on August 4th 2008

Location: Richmond Centre for Disability
100 – 5671 No. 3 Road, Richmond
Mondays 1:15 pm – 2:15 pm

REGISTER TODAY!



<http://www.wle.com/media/MC060TC.jpg>

The Tai Chi Class is suitable for people of all levels of ability and will address the following:

- ✓ Acquisition of techniques to relieve emotional and physical stress and tension
- ✓ Improved motor skills and coordination
- ✓ Improved focus and balance
- ✓ Constructive release of energy
- ✓ Increase in self-confidence and self-esteem

For more info & registration, please contact:

RICHMOND CENTRE FOR DISABILITY

Mr. Rich Green

Tel: 604-232-2404

Email: rich@rcdrichmond.org

Web: www.rcdrichmond.org

Registration required by
June 27th, 2008

TAI CHI CLASS