

Tai Chi Class

Demonstration program for new learners

- **Preventive health care**
- **Enhance your body and spirit**
- **Basic Tai Chi**
 - **Meet people and have fun**
 - **Instruction by Vo Dang Tai Chi School**



Please join us:

When: Thursdays

✧ **September 7 to December 14, 2017**

Sept. 7, 14, 21, 28

Oct. 5, 12, 19, 26

Nov. 2, 9, 16, 23, 30

Dec. 7, 14

Time: 10:00 am to 12 noon

Where: Jane Street Hub

1541 Jane Street (room 1 and 2)

(corner of Jane and Trethewey)

For more information please contact:

Kim Nguyen @ 416-653-5400, ext. 1265



Or you are welcome to walk-in

Led by Unison Health and Community Services, the Jane Street Hub is a partnership of six agencies working together to strengthen communities by providing health and social services and accessible community space

Unison Health and Community Services • COSTI Immigrant Services • Macaulay Child Development Centre • Midaynta Community Services • Yorktown Child and Family Centre

