

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

✧ SPRING SESSIONS:

March 2 to June 15, 2017

March 2, 9, 16, 23, 30

May 4, 11, 18, 25

April 6, 13, 20, 27

June 1, 8, 15

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