



TAI CHI

at the Park



Join us for **free** low impact physical activity at Monarch Park

Who: Referred SRCHC clients

What: Learn gentle Tai Chi
Connect with others
Improve health & wellbeing

When: Wednesdays, September 21 to November 9
10am to 11am

Where: Monarch Park, 115 Felstead Ave. (near Coxwell & Danforth)

How: Call **416-419-5934** to register (space limited)

**outdoor activity, weather permitting*