



Tai Chi CLASSES

Tai Chi increases confidence in balance and movement and decreases chance of falls.

— Taught by Arch Kottler —

Every Thursday*, beginning Nov. 9th
In the Public Health Conference Room
11:00 a.m. to noon

Must be a registered LCTHC patient. Elders 55+ get priority.
Dress in loose, comfortable clothing and be prepared to remove your shoes.

For more information: (707) 263-8382 ext. 1602



*Except when the clinic is closed.

Lake County Tribal Health

Modern Medicine  Personalized Care

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