

# *Wind down* **at Tai Chi** **Wednesday**

## **Free Tai Chi Classes!**

Wednesdays, 1 - 2 p.m.

July 12, 19, & 26

August 2, 9, & 16

Page Community Center  
699 S Navajo Dr.

Enjoy the benefits of better sleep, reduced depression, and relief from fatigue with Tai Chi! This is a good low-impact activity for all ages, with no experience needed!



Class size limited.

To join the class or for more information contact Brian Barg:  
Bbarg@coconino.az.gov/ (928) 679-7306.



**COCONINO**  
COUNTY ARIZONA  
Health & Human Services