



Cardio+ Tai Chi Group Practice

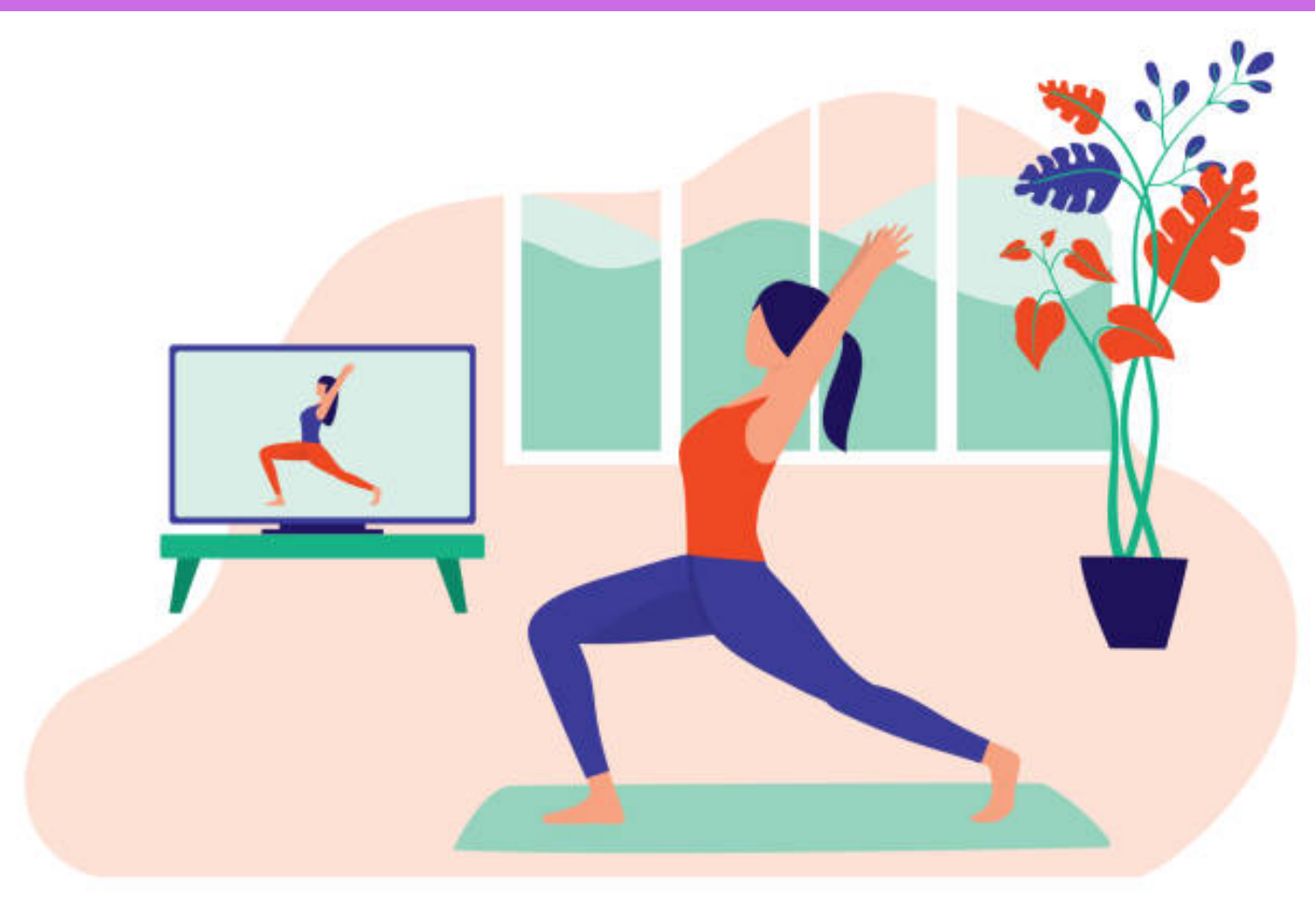
½ hour low impact, high intensity cardio followed by Tai Chi, a moving meditation, to improve mood, balance, concentration, and well-being. In this weekly group, we will watch an instructed video to guide us through different exercises.

MONDAYS FROM 5-6pm

To join at the scheduled time, click the link below

[https://us06web.zoom.us/j/4736925444?](https://us06web.zoom.us/j/4736925444?pwd=YzltUmpppWnVJUjBRcVUwZWVtL0tkZz09)

[pwd=YzltUmpppWnVJUjBRcVUwZWVtL0tkZz09](https://us06web.zoom.us/j/4736925444?pwd=YzltUmpppWnVJUjBRcVUwZWVtL0tkZz09)



**For more information please call
519-728-1435 ext. 208 or
Toll Free 1-855-728-1433
weccc@communitysupportcentre.ca**