

GLASSELL SENIOR CENTER

3750 VERDUGO RD. LOS ANGELES, CA 90065

TELEPHONE # (323) 550-8809

WWW.LAPARKS.ORG/SCC/GLASSELL



TAI CHI AND QI GONG CLASS



MONDAYS- 9:30AM-10:40AM

IMPROVE YOUR BALANCE, MEDITATION AND BREATHING

Cost- \$5 per month

