



**City of Los Angeles Department Of Rec and Parks**  
**Robert M. Wilkinson Multipurpose Center.**



**8956 Vanalden Ave.**

**Northridge Ca, 91324**

**(818)756-7741**

**Wilkinson.seniorcenter@lacity.org**

# TAI CHI THURSDAYS

**Registration is open on line or in person.**



**Good for:**

- Balance
- Stress
- Anxiety
- Depression
- Arthritis

**8 WEEK SESSION**

**APRIL 25,2024-JUNE 13,2024**

**THURSDAYS @ 10:00AM-11:00AM**

**SESSION FEE \$25**

**Register in room #4**



**\* PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE\***