



**Parkinsons Association
of Orange County**

Tai Chi For Parkinson's

- **Boosts Energy**
- **Promotes Deep Breathing**
- **Fights Depression**
- **Improves Mental Clarity**
- **Improves Balance**
- **Relieves Pain**
- **Strengthens Lower Body**
- **Lowers Blood Pressure**
- **Improves Sleep**
- **Stress Reduction**
- **Inner Peace**



Location:

**Laguna Country United
Methodist Church
Ficklin Hall/Sun Room
24442 Moulton Parkway
Laguna Woods, CA 92637**

For information:

Call **Sam Torres** at **714-744-8024**

Or email:

Samtorres@sbcglobal.net

Free

Tai Chi

Class Schedule

Mondays & Wednesdays

10:00 am—11:00 am