



Tai Chi for Arthritis and Fall Prevention

Wednesdays and Fridays

March 27 - May 29

10:00 a.m. - 11:00 a.m.



Parker County Extension Office
604 North Main St., Weatherford, Texas



The class is for beginners and teaches the basic elements of Tai Chi, helping with coordination, balance, flexibility and more.

The class is free, but space is limited so please pre-register. For more information or to register by phone, contact Kathy Smith at 817-598-6168, scan the QR code above, or click the link below.

<https://parkercounty4h.wufoo.com/forms/wwwks681p8y7hj/>

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