



THE CITY OF EL MONTE  
presents a



**FREE!**

# TAI CHI SESSION!

September 22 | October 13 | November 17

9:00 AM

Join us for a free Tai Chi session! Tai Chi is an ancient Chinese martial art form, consisting of slow relaxed movement for total self-development. Increase muscle strength, balance and flexibility. Reduce stress levels through the gentle practice of Tai Chi. Let's get moving, El Monte!

Jack Crippen Senior Center 3120 N. Tyler Avenue El Monte, CA 91733



**#HealthyElMonte**



For more information regarding the free Tai Chi session, please call the Community and Senior Services office at (626) 580-2210.