

Tai Chi Class



**Sponsored by Catholic Charities, Diocese of Joliet
Aging & Disability Services**

LIVE via the Bourbonnais Township Park District Facebook Page

Wednesday mornings 11:00am – 12:00pm
June 17, 24, July 1, 8, 15, 22, 29, August 5, 2020.

Pre-registration required. Please visit BTPD.org to register
Questions? Call Amanda at 815-310-5816

If you are age 60 or older, join us for this FREE, gentle exercise class designed for all fitness levels! This is your chance to try a class in the privacy of your own home! You are guaranteed to feel energized without even breaking a sweat!

**Please remember to pre-register for the class by visiting BTPD.org.
To join the live event, please visit BTPD's Facebook page.**



This event is sponsored in part by a grant through AgeGuide.
To learn more about Catholic Charities, visit catholiccharitiesjoliet.org.

We are a faith-based organization providing service to people in need and calling others of good will to do the same.

