

# Tai Chi

**9:30 AM**

**Tuesday (Instruction on DVD)**

**Thursday with**

**Instructor Ryan Lee**



Join us at the  
Bell Tower Community Center,  
Tai Chi for back care and Fitness  
workout for seniors

The Bell Tower Regional Community Center  
22232 El Paseo, RSM (949) 709-7592

**Age Well**  
**Senior Services**  
A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS