



City of Los Angeles Department Of Rec and Parks
Robert M. Wilkinson Multipurpose Center.



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Northridge Ca, 91324

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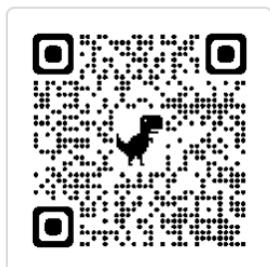
TAI CHI THURSDAYS

Registration is open on line or in person.



Good for:

- Balance
- Stress
- Anxiety
- Depression
- Arthritis



8 WEEK SESSION

FEBRUARY 8– APRIL 4

THURSDAYS @ 10:00AM-11:00AM

SESSION FEE \$25

Register in room #4

* PERSONS WITH DISABILITIES ARE WELCOME TO PARTICIPATE IN OUR PROGRAMS. REASONABLE ACCOMMODATIONS WILL BE MADE WITH PRIOR ARRANGEMENTS. PLEASE BE AWARE THAT SOME ACCOMMODATIONS MAY TAKE 30 DAYS OR LONGER. PLEASE SUBMIT YOUR REQUEST FOR AN ACCOMMODATION AS SOON AS POSSIBLE*