

CITY OF LOS ANGELES DEPARTMENT OF RECREATION AND PARKS

SHERMAN OAKS EAST VALLEY ADULT CENTER

T'ai Chi

Mondays 11:30am - 12:30pm

Thursdays 10:30am - 11:30am
(Tai Chi for Beginners)

VISIT US AT:

5056 Van Nuys Blvd. Sherman Oaks, CA 91403

Phone: (818) 386-9674

Email: shermanoakseastvalley.adultcenter@lacity.org



Persons with disabilities are welcome to participate in our programs.

Reasonable accommodations will be made with prior arrangements.

Achieving gender equity through a continuous commitment to girls and women in sports.