

Chronic Disease Management Program ~ TAI CHI EASY/QI GONG ~



Darcy Kaput, Tai Chi Easy Instructor

Empower yourself to better health,
improved vitality, productivity,
purpose, and joy.

- Gentle Exercise
- Meditation
- Self Massage
- Lower Blood Pressure
- Improve Balance
- Decrease Stress

Classes are offered at no cost. Everyone Welcome!

Monday's
10:00am-11:30am
City Centre/ Canadian
Mental Health
Association
1400 Windsor Ave.
Windsor
(519)971-0116
Jan 9, 2017
thru
June 5, 2017

Wednesday's
10:00am-11:30am
St. John's Parish
Hall
3294 Sandwich
Street
West Windsor
(519)253-4824
Windsor
Jan 4, 2017
thru
August 30, 2017

Thursday's
4:00pm-5:00pm
Pickwick Plaza
7621 Tecumseh
Road East
East Windsor
(519) 997-2823
Ext.341
Jan 5, 2017
thru
August 31, 2017

Friday's
9:30am-11:00am
Libro Credit Union
Centre
3295 Meloche
Street
Amherstburg
(519)736-5712
Jan 6, 2017
thru
September 1,
2017

For more information, contact us.

Chronic Disease Management
519-997-2823 ext. 341
www.wechc.org