



Tai Chi Easy



Every Thursday
10:00 am to 10:45 am

Online weekly, except the 4th Thursday
which is in-person at Chandler II:
685 S. Dobson Rd., Chandler, AZ 85224

Tai Chi with Roxanne

AN ANCIENT CHINESE DISCIPLINE

Slow, even, and non-strenuous
movements

Modified Tai Chi movements,
breathing exercises, self-massage,
relaxation, and meditation

Benefits include stress relief,
improved balance, heart health,
mental focus, and breathing
capacity

To sign-up, please email
wellness@ironwoodcrc.com, or
call (480) 314-6660