



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



8956 Vanalden Ave.

Northridge Ca, 91324

(818)756-7741

Wilkinson.seniorcenter@lacity.org

TAI CHI THURSDAYS

Registration is open on line or in person.#4



Good for:

- Balance
- Stress
- Anxiety
- Depression
- Arthritis

8 WEEK SESSION

JULY 11,2024-AUGUST 29,2024

THURSDAYS @ 10:00AM-11:00AM

SESSION FEE \$25



Instagram **WILKINSON.SENIORCENTER**

* 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*