



Taoist Tai Chi®

6 Week Introductory Class

Tuesdays, 2 – 3 pm

May 2 through June 6, 2017

PTSD Clinic, Taylor Room 6295

For more information, contact Isabel Mulcahy, 312/569-8998

Participants must have a Wellness or a Recreation Therapy Consult

Recording of the class is not permitted.



Taoist Tai Chi®

Strength, Flexibility, Stillness

taoist.org