



City of Los Angeles Rec And Parks Robert M. Wilkinson Multipurpose Center
8956 Vanalden Ave.
Northridge Ca,91324
Wilkinson.seniorcenter@lacity.org
(818)756-7741



Tuesday Tai Chi Class

May 20,2025-July 8,2025
8 week Session
Time 8:30am-9:30am
Fee \$25



Benefits;



Mental Physical



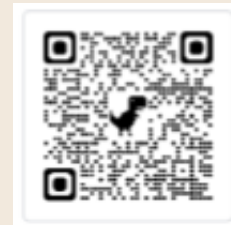
Stress,Anxiety,
Depression



Arthritis ,Balance Much More;



Wilinson.seniorcenter



Person with disabilities are welcome to participate in our programs 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.