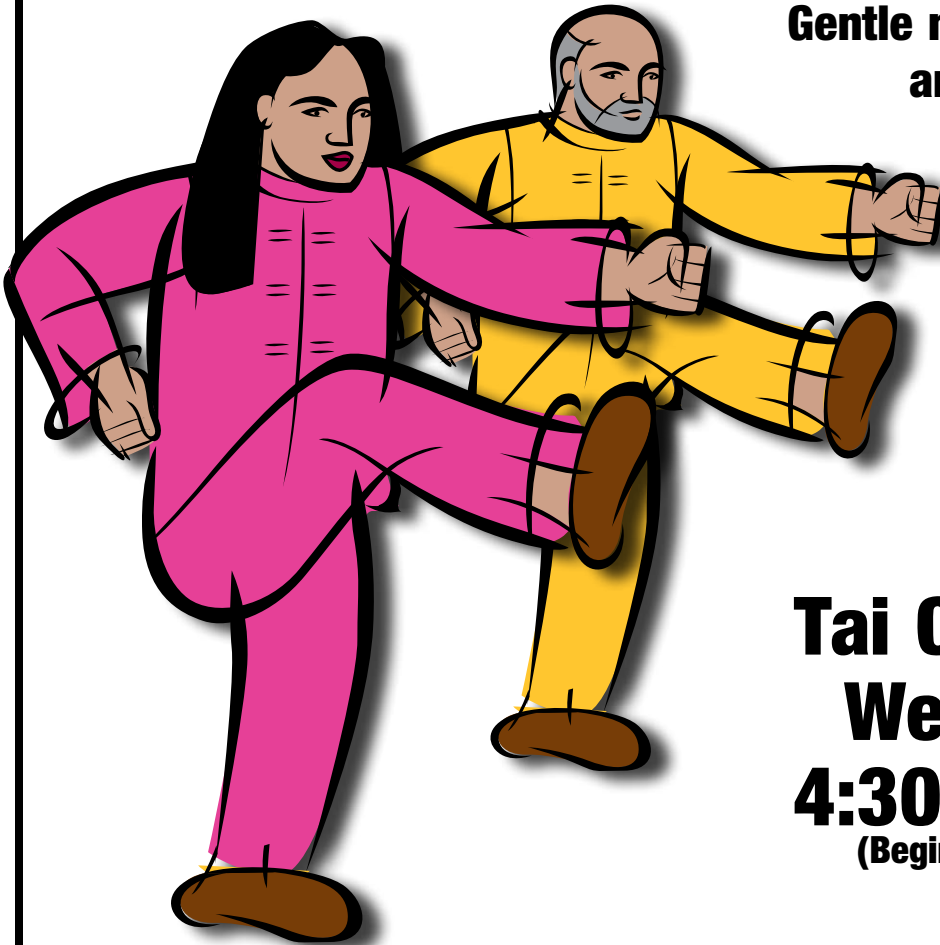


Tai Chi/ Qi Gong

At Sartory Senior Center • Open to all adults

**Gentle movement for healing
and rejuvenation.**



**Qi Gong
Fridays
8 to 9 AM**

**Tai Chi/Qi Gong
Wednesdays
4:30 to 5:30 PM
(Beginning in September)**

**You must preregister by calling 954-345-2209.
Purchase a \$25 card that is good for 5 classes.
You may obtain the card at the Sartory Senior Center.**



For more information, call 954-345-2209

**Sartory Senior Center is located at
10150 NW 29 Street in Mullins Park.**

**Take Coral Springs Dr. to 29th St. and go east. Enter Mullins Park on the
south side of street. Turn left at the stop. The Center is just east of the pool.**

Parks and Recreation Department • Visit coralsprings.org • Watch City TV 25