

Integration Network Program

Community Connections - Group Program for Newcomers

Newcomers' Tai Chi



Benefits of practicing Tai Chi:

- * Flexibility and Muscle Strength
- * Natural Breathing
- * Balance and Concentration
- * Relaxation & Stress Relief
- * Harmony and Coordination
- * Improves Blood Circulation
- * Increase your Energy
- * Come and meet our Certified Tai Chi Instructor



Please dress comfortability

Dates: Mondays: 1:00pm-2:00pm

Permanent Resident Card or Landing Paper required for Registration.



Welcome Centre - Newmarket
16655 Yonge Street, Unit 26
Newmarket, ON L3X 1V6
Toll-free: 1-877-761-1155
www.welcomecentre.ca

York Region Transit Routes:
98 YONGE
or VIVA BLUE



For Information & Registration Please Contact: **Helen Samimy**

1-877-761-1155 ext. 3183

Email: hsamimy@ccsy.org

After 4:30pm : 289-842-3124

