

Wellness Education Series

Adaptive Wheelchair T'ai Chi



Tuesdays

11:00 a.m. - 12:00 p.m.

August 6th - October 8th

**Palo Alto Bldg. 7, SCI
Dining Room**

Whole Health and Spinal Cord Injury are collaborating to offer Veterans a wheelchair T'ai Chi class for VA Palo Alto. This 10-week class teaches 7 postures that can help you improve your health and mobility and can provide additional ways to manage stress.

All Veterans in VAPAHCS are eligible to take this class; however, class size is limited, and you must pre-register.

For more information or to pre-register, please contact:

Michael Voigt , OTR/L
(650) 493-5000, ext. 63351

