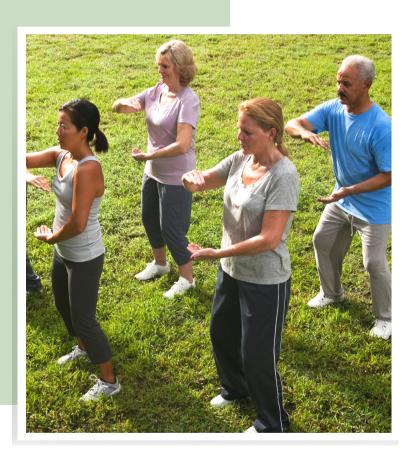
## 2024 VIRTUAL TAI CHI CLASS

All our classes are FREE for Santa Clara Valley Medical Center (SCVMC) patients and patients from community partner clinics who seek Specialty care at SCVMC



## **ABOUT OUR CLASSES**

- Benefits: Stress release, increase in energy, better balance, and increase in flexibility
- All classes are FREE and offered virtually using the Microsoft Teams app
- To enroll, please call
   408-885-5436 or email us at
   AHEDClasses@hhs.sccgov.org
- For more information please visit our website at www.scvmc.org/AHED

## WHEN

- Second Monday of January, March, May, July, and September
- All classes meet from 10 AM 11 AM

Open to all Santa
Clara Valley Medical
patients and
Community Partner
patients who seek
specialty care at
SCVMC

