

# ATTENTION

**TAI CHI for Arthritis** will be offered at:  
Woodruff Place Conference Center  
14 Woodruff Avenue, Narragansett, RI

Dates:

Friday, October 21<sup>st</sup>

Friday, October 28<sup>th</sup>

Friday November 4<sup>th</sup>

Friday, November 18<sup>th</sup>

Friday, December 2<sup>nd</sup>

Friday, December 9<sup>th</sup>



**Tai Chi is also great for improving balance!!**

All classes will be held 9:30 – 10:30 AM  
and are offered **free of charge**. Please wear  
comfortable clothes and shoes.

Instructor: Laura Foeri, PTA of  
*VNS Home Health Services*

Call: Deb Olivier at 788-2314 for registration