

# **BETTER BALANCE WITH TAI CHI**



**WEAR TENNIS SHOES**

**PRESENTER: MICHAEL SIEGEL**  
PHYSICAL THERAPIST  
AND TAI CHI INSTRUCTOR

**Thursday, October 24, 2019**

**12:00 – 1:30 p.m.**

**Trinity United Methodist Church**

100 S. Blake Ave., Sequim



**A FREE EVENT SPONSORED BY**  
**SOROPTIMIST INTERNATIONAL OF SEQUIM**  
**SOROPTIMIST HELPING & EMPOWERING**

