



July 2020 Wellness Class Schedule

3220 Liberty Rd S Salem, OR 503.371.0779

Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4 9:30 Tai Chi
6	7	8	9	10	11 9:30 Tai Chi
13	14	15	16	17	18 9:30 Tai Chi
20	21	22	23	24	25 9:30 Tai Chi
27	28	29	30	31	1 9:30 Tai Chi

Note: PD=Parkinson's Agility class. The word in **BOLD** is the 'theme' for that day's PD class.

**FYI: Classes are open to the Public as well as NWRA patients.
\$7 per session or \$5 per session with a NWRA Wellness Card...Details at the front desk.
No experience required. First session of each class is FREE; come explore any/all!**

