



# Seated Tai chi Tuesdays



Free tai chi classes sponsored by Catholic Charities, Diocese of Joliet.

**Dates: January 21st- March 4th**

**10:30-11:30 am**

**Location: Joshua Arms**

**1315 Rowell Ave.**

**Joliet, IL 60433**

If you are 60 or older, join us for this FREE,  
gentle exercise class designed for all fitness levels! You are  
guaranteed to feel energized without even breaking a sweat!

To register call Amber 815-221-6013 ext.6723

This event is sponsored in part  
by a grant through AgeGuide.



Attendance at this event indicates consent for Catholic Charities, Diocese of Joliet, Inc., to use my photo to promote and increase awareness of programs and services offered by the Agency. Photos may be used in Catholic Charities' printed materials, online, media, or by grantors.

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Catholic Charities is a faith-based organization providing service to people  
in need and calling others of good will to do the same.

