

# Tai Chi for Arthritis – Camarillo Health Care District

February 8, 2018 11:11 am

## Address:

3639 Las Posas Rd., # 117, Camarillo, California, USA 93010

**Workshop Date:** February 18, 2020 - April 23, 2020

## Description:

An award winning series, based on research conducted by Dr. Lam from the Tai Chi Institute in Sydney, Australia, that is designed for anyone looking to relieve pain (from arthritis or other chronic conditions) and improve movement, balance, strength, flexibility and relaxation. Beginners welcome!

This class meets twice a week for eight weeks, on Mondays and Wednesdays at the Camarillo Health Care District. There is no class fee. Registration is required. Please see contact information above to register.

**County:** Ventura

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## Map

