



**Fulton-El Camino Recreation and Park District**

2201 Cottage Way  
Sacramento CA 95825  
916-927-3802 fax 916-927-3805  
www.fecrecrepark.com



# Adult Tai Chi

## Moving for Better Balance

“Essentials of the Simplified 8 Form Program” developed by Dr. Fuzhong Li of the Oregon Research Institute focuses on mental/physical musculoskeletal conditioning, cardiovascular function, flexibility, stability, and balance. Participant’s progress will be assessed at the end of each month. No Tai Chi experience is necessary. Those with individual disability concerns, are encouraged to attend the first class and speak to the instructor.

Questions?  
Contact Instructor Roy  
at 916-943-6583 or  
roymimai@gmail.com



**Monday & Wednesday 9:00 – 10:30am**

**\$35 per month/\$30 Res. Discount**

**or**

**Thursday’s only 10:00 – 11:30am**

**\$25 per month/\$20 Res. Discount**

Community Center at Howe Park  
2201 Cottage Way  
Sacramento CA 95825

**Please register a week before the  
start of each month to avoid class  
cancellation.**

- ♥ Online at [www.fecrecrepark.com](http://www.fecrecrepark.com)
- ♥ By Phone 916-927-3802
- ♥ In Person at the District Office  
2201 Cottage Way (95825)