



TAI-CHI CLASS

This program is open to patients and the community. Fee is \$7.00 per person per class. Instructor Lea Sherman will guide you in calm movement, breathing and relaxation, to help reduce stress and improve balance and strength. No experience is required and you can participate at your own pace. Class is one hour. Please dress comfortably.

**Classes for 2016 are
every Wednesday
from 10:00-11:00 a.m.
except holidays**

**LOCATION:
COMPREHENSIVE CANCER CENTER
3rd Floor Conference Room
1180 North Indian Canyon Drive
Palm Springs, California**

To reserve your place please call: 800-491-4990



**COMPREHENSIVE
CANCER CENTER**

DESERT REGIONAL MEDICAL CENTER

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