

## Tai Chi at the Chattahoochee Nature Center



Presented by  
**Cancer Support Community Atlanta**  
**Rain or Shine**



Tai Chi is a form of moving meditation that can improve balance, improve coordination, decrease blood pressure, and decrease stiffness and pain.

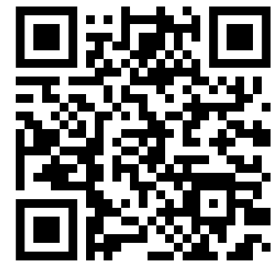
Join Brian for an outdoor Tai Chi class at the Chattahoochee Nature Center in Roswell, GA. The class is held in the Ben Brady Lakeside Pavilion. From the parking lot, walk into the visitor center and let the front desk staff know you are there for “Tai Chi”. Admission is free to the Chattahoochee Nature Center when you register and attend Tai Chi with Cancer Support Community.

*Led by: Brian Sutton*

**Wednesdays, 2:30 p.m.**

**Chattahoochee Nature Center**  
**9135 Willeo Road, Roswell, GA 30075**

To participate in this class, please register  
at [www.cscatlanta.org/calendar](http://www.cscatlanta.org/calendar).



Registration  
Calendar



**Chattahoochee Nature Center**  
**9135 Willeo Road, Roswell, GA 30075**  
**www.cscatlanta.org • CSC Atlanta Phone: 404.843.1880**

