

TAI CHI FOR ARTHRITIS

UPCOMING CLASSES

Cooperstown

Cooperstown Senior Community Center
31 Elm Street

Tuesdays and Thursdays

12:45 to 1:45 pm

Begins June 29th through August 19th

Oneonta

Elm Park Methodist Church
401 Chestnut Street

Tuesdays and Thursdays

10:30 to 11:30 am

Begins June 15th through August 5th

*Open to Otsego County
Residents Age 60 and Older*

**FOR MORE INFORMATION
AND TO REGISTER PLEASE**

CALL: (607) 547-4232

Registration Required to Attend

Otsego County

OFFICE *for the* AGING