

WellStar Center of Integrative Medicine and Health

TAICHI CLASSES 2020 SCHEDULE



12-Class Sessions: \$90

11-Class Sessions: \$82.50

WellStar Team Member Price: \$72

With Health Place Exercise Instructors

Join our Health Place exercise instructors for the mind-body practice of Tai-Chi.

TAICHI | Tuesdays: 2-3 p.m.
| Thursdays: 2-3 p.m.

Winter Session I

12 Classes – Jan. 7-Feb. 13

Winter Session II

12 Classes – Feb. 18-March 26

Spring Session I

12 Classes – March 31-May 7

Spring Session II

12 Classes – May 12-June 18

Summer Session I

12 Classes – June 23-July 30

Summer Session II

12 Classes – Aug. 4-Sept. 10

Fall Session I

12 Classes – Sept. 15-Oct. 22

Fall Session II

11 Classes – Oct. 27-Dec. 3

No class Nov. 26

WellStar Center of Integrative Medicine and Health
3805 Cherokee St. NW | Kennesaw, GA 30144



To register or for more information, call **770-956-STAR (7827)**
or visit wellstarhealthplace.org