



OLGC HEALTH & WELLNESS MINISTRY



OUR LADY OF GOOD COUNSEL HEALTH AND WELLNESS MINISTRY IS PLEASED TO ANNOUNCE THE OFFERING OF A NEW EXERCISE CLASS. TAI CHI FOR ARTHRITIS AND FALL PREVENTION DEVELOPED BY DR PAUL LAM. THE TAI CHI INSTRUCTOR WILL BE OUR LONG TIME PARISHIONER, SYLVIA LEE.

CLASSES WILL BEGIN ON TUESDAY, JANUARY 23RD AT 4 PM. THE CLASSES WILL BE HELD EVERY TUESDAY FOR 12 WEEKS AT THE ST. DAMIEN PASTORAL CENTER.

PLEASE SEE THE HEALTH AND WELLNESS MINISTRY TABLE AT FELLOWSHIP SUNDAY ON JANUARY 20TH & 21ST TO REGISTER AND ASK QUESTIONS THAT YOU MAY HAVE.

YOU MAY ALSO CONTACT MELISSA C BOJORQUEZ OR SYLVIA LEE AT OLGCHEALTHMINISTRY@GMAIL.COM.

MAY GOD BLESS YOU ALL WITH GOOD HEALTH IN 2024.



- ENROLLMENT LIMITED TO 20 PERSONS SUBJECT TO CONSIDERATIONS
- WAIVER OF LIABILITY REQUIRES YOUR SIGNATURE
- APPAREL NEEDS TO BE CASUAL LOOSE FITTING LONG PANTS
- FLAT, COVERED SHOES

****Note: Tai Chi classes are the exercising movements and IS NOT tied in to anything spiritually in conflict with the Catholic FAITH***