

# Health & Wellness Current Workshop Schedule 2024

## Tai Chi for Arthritis for Fall Prevention

### **The Bridges at Sweetwater**

April 2 - May 23, 2024

Tuesdays & Thursdays

10:00am - 11:00am

5921 Stockport St, Riverview, FL  
33578

*Please register at 813-413-8900*

### **St. Clement's Episcopal Church**

April 8 - June 3, 2024

Mondays & Thursdays

1:00pm - 2:00pm

706 W 113th Ave, Tampa, FL 33612

*Please register at 813-932-6204*