



Let's Talk Tai Chi!

A MOVEMENT DISORDER GROUP



Presented by: Jennifer Jackson,
Adult Program Director for the City of Whitewater

Friday, April 24 | 11am - 12pm

Holz Pavilion - Theater

314 East Village Court | Dousman, WI 53118

Everyone is welcome to join Jennifer Jackson, Adult Program Director for the City of Whitewater, for an engaging session on the ancient art of Tai Chi. Discover how this gentle, purposeful practice can enhance both physical and mental wellbeing.

Although the Movement Disorder Group is designed to support individuals living with conditions such as Parkinson's disease, essential tremor, Tourette's, MS, dystonia, restless leg syndrome, and more, this session is open to anyone interested in exploring the benefits of Tai Chi.

FREE EVENT. OPEN TO THE PUBLIC.

Registration appreciated but not required
(Residents — Please sign-up in the Portal).

QUESTIONS OR TO RSVP.

Please contact Jen Graf, Senior Director
of Cognitive Health, at 262.965.7133 or
jgraf@threepillars.org.

Movement
Disorder
Group

