



Dear Cantonese Club Members:

One of our new club members David Ho is teaching a new class at Florence Sylvester Senior Center. If you or your neighbors are interested, please see the flyer below for details. Thanks!

Regards,
LWV Cantonese Club
Anna Chu

Age Well | FLORENCE SYLVESTER
SENIOR CENTER

Holistic Health for Fall Prevention and Longevity

Discover the transformational practice of Dynamic Relaxation and Meditation (DRM) as an integrated approach to enhance holistic health and longevity. DRM incorporates music, dance, Chinese qigong and martial arts into this approach.

- English, Cantonese, and Mandarin spoken
- Wear loose and comfortable clothing
- Bring a mat if you have one
- Safety First - proceed at your own pace

BEGINS SEPTEMBER 8

Fridays

1pm-2:30pm

- Avoid injuries, getting up after a fall
- Getting into and out of a bathroom/car
- Dealing with arthritis, aches and pains
- Breathing stretching, progressive relaxation
- Applying wisdom from the East
- Having fun in group exercises and activities

Call (949) 380-0155 to reserve your spot

23721 Moulton Parkway, Laguna Hills