



Burnaby Neighbourhood House

TAI CHI & SWORD CLASSES (55+)

Tai Chi Sword

Wednesdays 10:00 - 11:00 am

Tai Chi - Beginner

Wednesdays 11:00am - 12:00 pm

Tai Chi - Advanced

Fridays 3:00 - 4:00 pm

TO REGISTER:

Call Lynda at 604.431.0400
or lynday@burnabynh.ca



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səililwətaʔt), Kwikwetlem (kwikwələm), Squamish (Sḵwəxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours

CARE

CONNECT

ENGAGE

BELONG