

"It does not matter how slowly you go as long as you do not stop." - Confucius



## AANHPI-INSPIRED HEALTH & WELLNESS PROGRAM

The Tucson Chinese Cultural Center invites you to join the new Health & Wellness Program featuring AANHPI-inspired classes and activities centered around your well-being. Only at TCCC.

### CLASSES & ACTIVITIES

#### Tuesdays on Zoom

9AM-10AM Virtual Tai Chi Class

#### Thursdays at TCCC

9-10 AM Chi Gong with Queenie

9-10 AM Advanced Tai Chi

10-11 AM Beginner Tai Chi

10 AM - 12 PM Chinese Mahjong Class

9 AM - 2 PM Mahjong Gameplay

9 AM - 2 PM Pickle Ball Gameplay

Indoor & Outdoor Courts

#### Select Dates\*

Chinese Cooking

#### Coming Soon\*

Chinese Watercoloring

Chinese Gardening

Chinese Music

Chinese Tea

Chinese Acupuncture

AANHPI Book Club

and more!

\*Pay per class

**NON-MEMBERS: \$15 PER DAY**

**TCCC MEMBERS: FREE. MEMBERSHIP IS \$180/YEAR**

**MORE INFO AND  
MEMBERSHIPS  
AVAILABLE ONLINE**

**TUCSONCHINESE.ORG**

Contact us for assistance

520-292-6900

info@tucsonchinese.org

IN PARTNERSHIP WITH

