

EVIDENCE BASED PROGRAMS OFFERED AT THE CORA VEAL CENTER

SAIL

MATTER OF BALANCE

EAT WELL, FEEL STRONG

TAKE CHARGE OF YOUR DIABETES

LIVING WELL WITH CHRONIC CONDITIONS

TAI CHI

TAI CHI FOR MEMORY

QI GONG THERAPEUTIC POSTURES CLASS



SEE MONTHLY
CALENDAR FOR
DAY AND TIME

[HTTPS://CORAVEALSENIORCITIZENSCENTER.GODADDYSITES.COM](https://coravealseniorencitizenscenter.godaddysites.com)