

FREE Audio and Zoom Tai Chi/ Meditation on Tuesday and Thursdays from 10:00am – 11:00am sponsored by the City of Bridgeport Department of Aging to register please call 203-257-1145.



Join Zoom and Audio Meeting on Tuesday 10:00 am to 11:00 am Meeting I.D. #87914056583

<https://us02web.zoom.us/j/87914056583>

please dial toll free number to join in by phone 1-929-205-6099 meeting number 87914056563

Join Zoom and Audio Meeting on Thursday 10:00 am to 11:00 am Zoom meeting <https://us02web.zoom.us/j/81208840876>

Please dial toll free number to join in by phone 1-929-205-6099 meeting number 81208840876