

A bamboo pipe on the left pours water into a stone basin. In the foreground, there are several dark, smooth stones and a blooming lotus flower with white and purple petals. The background is a soft-focus green, suggesting foliage.

Elev8ion Studio

FREE

Virtual Tai Chi Classes
for Arthritis & Fall Prevention
Tuesdays from 10:00am – 11:00am

Audio Meditation
Thursdays from 10:00am – 11:00am

Sponsored by
The City of Bridgeport Department of Aging
The Eisenhower Senior Center

To register for these free classes contact
Elev8ion Studio: (203) 257-1145 or Eisenhower Senior Center: (203) 576-7993.
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