

Heather Chalon, MPH

Senior Trainer: Tai Chi for Health Institute * Board Member: Tai Chi for Health Community

Expert: Wu Style Tai Chi, Qigong, Tao Healing Arts * 30 years experience

Weekly classes

As of 2/15/16 CHECK HEATHERCHALON.COM FOR MOST UP TO DATE INFORMATION

Mondays

Tai Chi for Health; Fall Prevention

10am-11am	Jan 25, Feb 1, 8, 22, Mar 7, 14 (not Feb 29)	Taft Wheeler Abbett Library
10:30-11:30	Mar 21-Apr 25	Dusenberry/River Library
1pm-2pm	Ongoing	Resurrection Lutheran Church, Oro Valley

Tuesdays

Qigong

1pm- 2pm	Ongoing	St Francis in the Foothills
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Tai Chi for Health; Fall Prevention

2pm-3pm	Ongoing	St Francis in the Foothills
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Wednesdays

Tai Chi for Health; Fall Prevention

3:30-4:30	Ongoing	Rincon Congregational Church with Donnie Polling, Amber Frame
3:30-4:30	Mar 9 - Apr 13	Nanini Library
1pm-2pm	Mar 9 - May 11	Sun City Oro Valley (residents only)

Thursdays

Qigong

12pm-1pm	Mar 24 -Apr 28	Main/Valdez Library
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Tai Chi for Health; Fall Prevention

12pm-1pm	Feb 11, 18, 25, Mar 3, 10, 17	Main/Valdez Library
2pm-3pm	Apr 21-May 26	Murphy-Wilmot Library

Fridays

Tai Chi for Health; Fall Prevention

10am-11am	Mar 4-April 8	Golf Links Library
10:15-11:15	Jan 8, 15, 22, 29, Feb 12, 19	Kirk Bear Canyon Library
3:30-4:30	Mar 4-Apr 8	Oro Valley Library

More information, events and workshop listings at

www.heatherchalon.com