

"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

9AM-10AM Chi Gong

930AM-10AM Chinese Fan Dance

10AM-11AM Chinese Tai Chi

10AM-12PM Chinese Mahjong Class

9AM-2PM Mahjong Gameplay

9AM-2PM Pickleball Gameplay

Indoor and Outdoor Courts

Coming Soon*

Chinese Watercoloring

Chinese Cooking

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

