

Twin Bridges
Nurse Practitioner-Led Clinic

153 Christina St. S.
Sarnia, ON N7T 2M9
Telephone: 226-776-9030
Fax: 519-336-7894

Clinique dirigée par du personnel
infirmier praticien **Twin Bridges**

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NEW CLASS:

Tai Chi for Beginners

Tuesday, April 15, 2025 & Tuesday, April 29, 2025

(2 classes) 4:15pm – 5:00pm

***Twin Bridges Nurse Practitioner-Led Clinic
Program Room – Front St. Entrance***

*This is a **beginner-level** exercise program.
Participants will be provided a chair for rest
and/or balance aid during exercises. Each class
will include a combination of exercises to improve
circulation, joint mobility and balance.*

Please bring non-slip indoor shoes & water.

No experience necessary.

Register at www.twinbridgesnplc.com