

**Twin Bridges**  
Nurse Practitioner-Led Clinic

153 Christina St. S.  
Sarnia, ON N7T 2M9  
Telephone: 226-776-9030  
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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](http://www.twinbridgesnplc.com)***