



SATURDAY, OCTOBER 24, 2020
NEW JERSEY,
NEW YORK AND DELAWARE
BLACK DEAF ADVOCATES
TIME: 1-3PM, EASTERN STANDARD TIME
FACILITATOR : ROGER SANCHEZ



ACTIVITY: HOW CAN TAI CHI TURN YOUR DEPRESSION INTO HAPPY??

FREE

YOU WILL NEED MAT OR CHAIR!

FREE

HAVE A WATER BOTTLE AND TOWEL READY!
BE COMFORTABLE AT HOME AND SAFE!!

ZOOM: 818 2909 8577 PW: 2020

CLOSED CAPTIONING AND VOICE INTERPRETATION PROVIDED

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