

Intro to Zumba and Intro to Tai Chi at Siteman Cancer Center – **RSVP**



Where:

Siteman Cancer Center
at Barnes Jewish Hospital and Washington University School of Medicine
Center for Advanced Medicine, Brown Room

When:

Intro to ZUMBA! **RSVP**

Monday, January 25 • 4:00 - 5:00 PM Personal Trainer Kathryn Bynum invites you to “shake your booty” to a Latin beat - for survivors, thrivers and those who support them!

Intro to Tai Chi **RSVP**

Monday, March 22 • 4:00 - 5:00 PM Jaime Sanchez, brings his 40+ years of experience as practitioner and teacher to this ancient form of movement for health.

RSVP to The Wellness Community at 314-238-2000

www.wellnesscommunitystl.org

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wellness.
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cancer support, education and hope

