

TAI CHI OPEN HOUSE

Discover mindful movement and wellness at
Destinations Spring Valley

When: July 31, 2026

Time: 2:00 PM – 4:00 PM

Where: Destination Spring Valley Clubhouse

Cost: No Charge

🕒 The Afternoon Schedule:

- 2:00 PM – Welcome Tour & Coffee: Arrive early for a personalized tour of our resort-style amenities and premium apartment homes, followed by a casual coffee and tea social.
- 3:00 PM – Tai Chi Class: Enjoy a complimentary, beginner-friendly session designed to reduce stress, improve balance, and boost energy.

Whether you're a resident wanting to bring a friend or a future neighbor looking to try out our "Live Well" lifestyle, this low-impact afternoon is for you!

Space is Limited—RSVP by July 29th!

Let us know you and your friends are coming so we can save you a spot.

