

APRIL 2024- EVENT CALENDAR - JOIN US!

DEERFIELD LOCATION



Our purpose is to provide a healthy, safe and fun environment for our Florida Seniors to encourage and promote happiness, good health and well-being through physical and mental activities. Food, music, raffles & prizes!

To View All Our Locations Visit: MedFloridaWellness.com





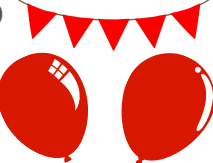














NEED TRANSPORTATION? ANY QUESTIONS?

Call Us: (561) 714-4784

OUR ADDRESS:

1950 W Hillsboro Blvd
Suite 105, Deerfield Beach, FL 33442

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|--|--|--|---|
| 1 EVENT PREP DAY | 2  KARAOKE 10AM | 3  NUTRITION SECTION 10AM | 4  ZUMBA 10AM | 5  EXERCISES 10AM |
| 8 EVENT PREP DAY | 9  RED PARTY 10AM | 10  TECH CLASS 10:00 AM | 11  ZUMBA 10AM | 12  EXERCISES 10AM |
| 15 EVENT PREP DAY | 16  COSTUME PARTY 10AM | 17  NUTRITION SECTION 10AM | 18  ZUMBA 10AM | 19  EXERCISES 10AM |
| 22 EVENT PREP DAY | 23  BINGO 10:00AM | 24  TECH CLASS 10:00 AM | 25  ZUMBA 10AM | 26  EXERCISES 10AM |
| 29 EVENT PREP DAY | 30  HAPPY BIRTHDAY PARTY 10:00AM | | | |

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME IF SICK

WEAR A MASK



STAY 6FT APART



WASH HANDS

