

AUGUST 2026 - EVENT CALENDAR - JOIN US!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3  ZUMBA CLASS 9:00AM -1:00PM	4  ARTS AND CRAFTS 9:00AM -1:00PM	5  EXERCISE YOUR MIND 9:00AM -1:00PM	6  Welcome August 9:00AM -1:00PM	7 
10  NUTRITION CLASS 9:00AM -1:00PM	11  ARTS AND CRAFTS 9:00AM -1:00PM	12  EXERCISE YOUR MIND 9:00AM -1:00PM	13  Aloha 9:00AM -1:00PM	14 
17  ZUMBA CLASS 9:00AM -1:00PM	18  ARTS AND CRAFTS 9:00AM -1:00PM	19  EXERCISE YOUR MIND 9:00AM -1:00PM	20  Karaoke Party 9:00AM -1:00PM	21 
24  NUTRITION CLASS 9:00AM -1:00PM	25  ARTS AND CRAFTS 9:00AM -1:00PM	26  EXERCISE YOUR MIND 9:00AM -1:00PM	27  Happy Birthday 9:00AM -1:00PM	28 
31  ZUMBA CLASS 9:00AM -1:00PM				

PSL East 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](https://www.MedFloridaWellness.com)



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: (561) 634-5605

OUR ADDRESS:

9109 S. US 1 Highway,
Suite 103,
Port St. Lucie FL, 34952

IMPORTANT INFORMATION FOR THOSE ATTENDING

STAY HOME
IF SICK



WEAR
A MASK



STAY
6FT APART



WASH
HANDS



MEDICARE RECIPIENTS LEARN MORE ABOUT:

**PRIMARY CARE
MEDICAL CENTER**



**PHARMACY: FREE RX
HOME DELIVERY***



**FREE FUN WEEKLY
EVENTS: FOOD,
DANCING & MORE***



**WALK-IN URGENT CARE
CENTER**



**WATCH FREE CLASSIC
MOVIES ON THE
WEEKEND &
GENERAL
INFO WEEKDAYS**



MEDFLORIDA.TV

**SOCIAL SERVICES: FREE
APPLICATION HELP**



EN ESPAÑOL



**SCAN THE CODE TO SEE THESE
OPTIONS ON YOUR PHONE**

OR VISIT ONLINE:
medflorida.info/well

**ESCANEE EL CÓDIGO PARA
VER ESTAS OPCIONES EN SU
TELÉFONO**

O VISITE PAGINA WEB:
medflorida.info/bien



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Questions? Please call: (561) 634-5605