

MARCH 2026 - EVENT CALENDAR - JOIN US!

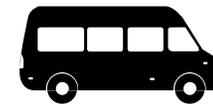
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  ZUMBA CLASS 9:00AM -1:00PM	3  ARTS AND CRAFTS 9:00AM -1:00PM	4  EXERCISE YOUR MIND 9:00AM -1:00PM	5  International Womens Day 9:00AM -1:00PM	6 
9  NUTRITION CLASS 9:00AM -1:00PM	10  ARTS AND CRAFTS 9:00AM -1:00PM	11  EXERCISE YOUR MIND 9:00AM -1:00PM	12  ST. PATRICK'S DAY 9:00AM -1:00PM	13 
16  ZUMBA CLASS 9:00AM -1:00PM	17  ARTS AND CRAFTS 9:00AM -1:00PM	18  EXERCISE YOUR MIND 9:00AM -1:00PM	19  Hello Spring 9:00AM -1:00PM	20 
23  NUTRITION CLASS 9:00AM -1:00PM	24  ARTS AND CRAFTS 9:00AM -1:00PM	25  EXERCISE YOUR MIND 9:00AM -1:00PM	26  Happy Birthday 9:00AM -1:00PM	27 
30  ZUMBA CLASS 9:00AM -1:00PM	31  ARTS AND CRAFTS 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



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:

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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
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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:
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***FOR MEDICARE
RECIPIENTS**

Questions? Please call: (561) 634-5605