











JANUARY 2023 EVENT CALENDAR - JOIN US!

Monday Tuesday Wednesday Thursday Friday

2  CLOSED	3	4	5  Pajama Party 11AM	6
9  Nutrition & Exercise 11 AM	10	11	12  Peace Party 11AM	13
16  Nutrition & Exercise 11 AM	17	18	19  January Birthday Party 11AM	20
23  Nutrition & Exercise 11 AM	24	25	26  Hat Party 11AM	27  Welcome New Patients 11AM
30  Nutrition & Exercise 11 AM	31			

PORT ST LUCIE 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!
View all locations and events:
[MedFloridaWellness.com](https://www.MedFloridaWellness.com)



NEED TRANSPORTATION?
QUESTIONS?



Call Us:
772-834-9082

4

OUR ADDRESS:
9109 S US Hwy 1
Suite 103
Port Saint Lucie, FL 34952

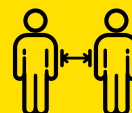
IMPORTANT INFORMATION FOR THOSE ATTENDING



WEAR A MASK



STAY 6FT APART



WASH HANDS

