








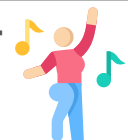





JULY 2024 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
1 EVENT PREP DAY	2  NUTRITION 10AM	3  ZUMBA 10AM	4  Closed for the Holiday	5
8 EVENT PREP DAY	9  PAINTING 10AM	10  ZUMBA 10AM	11  RECYCLING 10AM	12
15 EVENT PREP DAY	16  NUTRITION 10AM	17  ZUMBA 10AM	18  COLOMBIA INDEPENDENCE DAY 10AM	19
22 EVENT PREP DAY	23  BINGO 10AM	24  ZUMBA 10AM	25  HAPPY BIRTHDAY 10AM	26
29 EVENT PREP DAY	30  NUTRITION 10AM	31  ZUMBA 10AM		

LAUDERHILL 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: (305) 930-9341



Hablamos español

OUR ADDRESS:

7229 W Oakland Park
Blvd Suite 103, Lauderhill,
FL 33313

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
IF SICK

WEAR
A MASK



STAY
6FT APART



WASH
HANDS

