

JULY 2024- EVENT CALENDAR - JOIN US!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------|--|---|--|---|
| 1 EVENT PREP DAY | 2 HAPPY 4th of July | 3  TECH 9:30 ART CLASS 10:30 | 4 Closed for the Holiday | 5  EXERCISES 10AM |
| 8 EVENT PREP DAY | 9  10:00AM | 10  NUTRITION 10AM | 11  ZUMBA 10AM | 12  EXERCISES 10AM |
| 15 EVENT PREP DAY | 16  BIG PARTY 10:00AM | 17  TECH 9:30 AM ART CLASS 10:30 AM | 18  ZUMBA 10AM | 19  EXERCISES 10AM |
| 22 EVENT PREP DAY | 23  FESTIVAL OF NATIONS | 24  NUTRITION 10AM | 25  ZUMBA 10AM | 26  EXERCISES 10AM |
| 29 EVENT PREP DAY | 30  HAPPY BIRTHDAY 10:00AM | 31  TECH 9:30 AM ART CLASS 10:30 AM | | |

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



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: (561) 633-7852

 Hablamos español

OUR ADDRESS:
1950 W Hillsboro Blvd
Suite 105, Deerfield
Beach, FL 33442

IMPORTANT INFORMATION FOR THOSE ATTENDING



**STAY HOME
IF SICK**

**WEAR
A MASK**



**STAY
6FT APART**



**WASH
HANDS**

