

MARCH 2023 EVENT CALENDAR-JOIN US!

Monday Tuesday Wednesday Thursday Friday

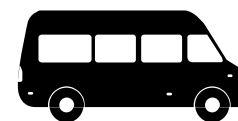
		1	2	3  Picture Class 10:00 am
6	7	8	9	10  Bingo, Tertulia 10:00 am
13	14  Welcome Np Medflorida 10:00Am	15	16	17  Spa Day 10:00AM
20	21	22	23	24  Nutrition Class 10:00 am
27	28  Welcome Np Medflorida 10:00Am	29	30	31  Surprise Activity 10:00 am

AVENTURA 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: 305-948-9595

OUR ADDRESS:
21110 Biscayne Blvd, Suite
203, Aventura, FL 33180

IMPORTANT INFORMATION FOR THOSE ATTENDING

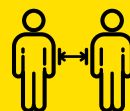


STAY HOME IF SICK

WEAR A MASK



STAY 6FT APART



WASH HANDS

