

MAR 2023 EVENT CALENDAR-JOIN US!

Monday Tuesday Wednesday Thursday Friday

		1  BEAUTY GROOMING	2  Welcome Medflorida	3  Bingo Party 10:00 am
6 EVENT PREP DAY	7  Art Craft 10:00 AM	8  BEAUTY GROOMING	9  Bingo Party 10:00 am	10  Domino Day Party 10:00 AM
13 EVENT PREP DAY	14  Let's Workout Day 11:30 am	15  BEAUTY GROOMING	16  Zumba Party 10:00 AM	17  Bingo Party 10:00 am
20 EVENT PREP DAY	21  Picture Class 10 am	22  BEAUTY GROOMING	23  Karaoke Party 10:00 AM	24  Domino Day Party 10:00 AM
27 EVENT PREP DAY	28  Nutrition Class 11:30 am	29  BEAUTY GROOMING	30  Birthday Party 10:00 AM	31  Bingo Party 10:00 am

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



NEED TRANSPORTATION?
ANY QUESTIONS?

Call Us: 786-290-8292

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
