











# MARCH 2023 EVENT CALENDAR - JOIN US!

Monday    Tuesday    Wednesday    Thursday    Friday

		1	2  Mardi Gras 11AM	3
6  Nutrition & Exercise 11 AM	7	8	9  Music Fest 11AM	10
13  Nutrition & Exercise 11 AM	14	15	16  March Birthday Party 11AM	17
20  Nutrition & Exercise 11 AM	21	22	23  Welcome Spring 11AM	24  Welcome New Patients 11AM
27  Nutrition & Exercise 11 AM	28	29	30  Beach Day 10AM	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](http://MedFloridaWellness.com)



NEED TRANSPORTATION?  
QUESTIONS?



Call Us:  
**772-834-9082**

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

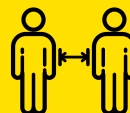
## IMPORTANT INFORMATION FOR THOSE ATTENDING



WEAR A MASK



STAY 6FT APART



WASH HANDS





Thursday, March 2nd at 11:00 AM



9109 S US Hwy 1, Suite 103

Port St Lucie, FL 34952

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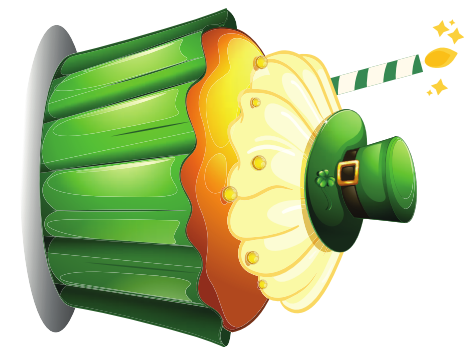
Hablamos español



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**Do you Love  
Birthday Parties?**  
Come celebrate  
March Birthdays with us!

Thursday, March 16th at 11:00 AM



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Port St Lucie, FL 34952

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**The Music Variety Show**



Thursday, March 9th at 11:00 AM



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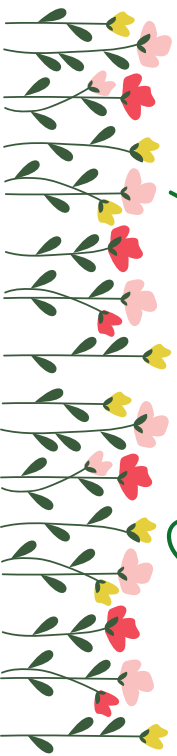


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**HELLO**  
*Spring*



Thursday, March 23rd at 11:00 AM



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