

OCTOBER 2023 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
2 EVENT PREP DAY	3 SPooky VIBES WELCOME TO HORROR MONTH 10AM	4  10:00 AM	5  ZUMBA 10AM	6  Exercises 10AM
9 EVENT PREP DAY	10  KARAOKE 10AM	11  Nutrition 10:30AM	12  ZUMBA 10AM	13  Exercises 10AM
16 EVENT PREP DAY	17  COWBOYS PARTY 10AM	18  DAY OF COOKING 10AM	19  ZUMBA 10AM	20  Exercises 10AM
23 EVENT PREP DAY	24  MAGICAL DAY 10am	25  Nutrition 10:30AM	26  ZUMBA 10AM	27  Exercises 10AM
30 EVENT PREP DAY	31  HALLOWEEN 10am			

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: (407) 764-0806



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

