










SEPTEMBER 2023 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
				1  Exercises 10AM
4 CLOSED  HAPPY LABOR DAY	5 <i>Welcome</i> N.P. 10:00am	6  Painting Day 10:00AM	7  ZUMBA 10AM	8  Exercises 10AM
11 EVENT PREP DAY	12  KARAOKE 10AM	13  Nutrition 10:30AM	14  ZUMBA 10AM	15  Exercises 10AM
18 EVENT PREP DAY	19  CIRCUS DAY 10am	20  10AM	21  ZUMBA 10AM	22  Exercises 10AM
25 EVENT PREP DAY	26  HAPPY BIRTHDAY PARTY 10am	27  Nutrition 10:30AM	28  ZUMBA 10AM	29  Exercises 10AM

DEERFIEDL 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**

