

SEPTEMBER 2023 - EVENT CALENDAR - JOIN US!

Monday	Tuesday	Wednesday	Thursday	Friday
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4 CLOSED  HAPPY LABOR DAY	5  ZUMBA 10AM	6  COOKING DAY 10AM	7 <i>Welcome</i> SEPTEMBER PARTY 10AM	8
11 EVENT PREP DAY	12  ZUMBA 10AM	13  Garage 10AM	14  AMERICAN IDOL MEDFL 10AM	15
18 EVENT PREP DAY	19  BAILE 10AM	20  10:00AM	21  WELCOME AUTUMN 10AM	22
25 EVENT PREP DAY	26  YOGA 10AM	27  10AM	28  PARTY 10am	29

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](https://www.MedFloridaWellness.com)



NEED
TRANSPORTATION?
ANY QUESTIONS?

Call Us: (407) 764-0806

 Hablamos español

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**

