

MARCH 2026 - EVENT CALENDAR - JOIN US !

Monday	Tuesday	Wednesday	Thursday	Friday
2  Exercises with Rey 10:00 am	3 	4 	5 	6 
9  Exercises with Rey 10:00 am	10 	11 	12 	13 
16  Exercises with Rey 10:00 am	17 	18 	19 	20 
23  Exercises with Rey 10:00 am	24 	25 	26 	27 
30  Exercises with Rey 10:00 am	31 			

AVENTURA 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: (954) 799-1050

OUR ADDRESS:
 21110 Biscayne Blvd # 203
 Aventura, FL 33180

IMPORTANT INFORMATION FOR THOSE ATTENDING



STAY HOME
 IF SICK

WEAR
 A MASK



STAY
 6FT APART



WASH
 HANDS

