

OUR SERVICES

TLC is an SDP friendly Business Service code 331

2025 KARAOKE SOCIALS

Karaoke, 4-person bike/low impact exercise, food, fun and art.

FEB 22, MAR 15, ARPIL 26, MAY TBD, JUNE 21, JULY 19, AUG 16, SEPT 13, NOV 8

*-Healing and Restoration Program 1st and 3rd Tuesdays

*-Tridynamic 101: Education-Prevention-Rehabilitation (EPR) for Tip over and Fall Risk Traumatic Brain Injury (TBI). Low Impact Exercise. 2nd and 4th Tuesdays

*Scan QR code to learn more on website

