

April 2019

RSVP! Call 941.383.6493

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
10-11 Tai Chi	10-11 YOGA 1-3 Mah Jongg	10:30am – Noon Maintaining Brain Health	10-11 Zumba & Pilates	?? 10am Stretch & Strengthen Class ??
8	9	10	11	12
10-11 Tai Chi	10-11 YOGA 1-3 Mah Jongg 1-3 FREE Memory Screening	LBK Town Hall Health Fair! 9am-1pm	10-11 Zumba & Pilates	
15	16	17	18	19
10-11 Tai Chi	10-11 YOGA 1-3 Mah Jongg	10:30am – Noon Reducing Your Risk of Falling	10-11 Zumba & Pilates	
22	23	24	25	26
10-11 Tai Chi	10-11 YOGA 1-3 Mah Jongg	10:30am – Noon Relieving Stress	10-11 Zumba & Pilates	

Would you be interested in a **Stretch & Strengthen Class** on Friday mornings 10-11am?
 Let us know!

- all exercises from a standing or seated position
- focus on strength training & flexibility for better balance
- may bring your own small hand weights



Health Matters!

Wednesdays
 10:30am-Noon

- Maintaining Brain Health
- Reducing Your Risk of Falling
- Relieving Stress



Center for Brain Health

Barbara Silbey, PT
 Strong Living Health and Fitness Services

The Healing Well
 Acupuncture & Integrated Medicine