

SENIOR WELLNESS



EXERCISE, NUTRITION & FALL PREVENTION PROGRAM

QUALIFICATIONS

- WYTHE OR BLAND COUNTY RESIDENT
- AGES 65+
- WILLING TO PARTICIPATE IN A 12-WEEK EXERCISE & NUTRITION PROGRAM ON MONDAY, TUESDAY & WEDNESDAY 10:00A.M. - 11:00A.M
- SENIOR WELLNESS GRADUATES OF 2019 OR EARLIER ARE ELIGIBLE TO PARTICIPATE



START DATE: JUNE 14, 2021

- RESERVATION REQUIRED
- FACE COVERINGS REQUIRED
- LIMITED SPOTS AVAILABLE



APPLICATION MEETING: WEDNESDAY, MAY 12

TIME: 10:00 A.M. | LOCATION: WYTHEVILLE MEETING CENTER

333 COMMUNITY BLVD. | (276) 223-3378 | REC.WYTHEVILLE.ORG

