

FREE

**** 3 MONTH FAMILY GOLD
PASS PLAN INCLUDED**



SENIOR WELLNESS

EXERCISE, NUTRITION & FALL PREVENTION

QUALIFICATIONS

- ✓ Wythe or Bland County Resident
- ✓ Ages 65+

APPLICATION MEETING

Date: Wednesday, May 10

Time: 10:00 A.M.

Location: Wytheville Recreation Center

12-WEEK PROGRAM

- ✓ Exercise Class: Monday & Wednesday 10:00 - 11:00 A.M.
- ✓ Bi-Weekly Nutrition Class: Tuesday 10:00 - 11:00 A.M.
- ✓ Start Date: June 12, 2023



Wythe-Bland Foundation Providing pathways for a healthier tomorrow



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