

# SENIOR WELLNESS

EXERCISE, NUTRITION & FALL PREVENTION PROGRAM

## APPLICATION MEETINGS

Wednesday, May 15, 10:00 A.M.

Saturday, May 18, 11:00 A.M.

## PARTICIPANT QUALIFICATIONS

- Wythe or Bland County Resident
- Ages 65+
- Willing to participate in a 12 week exercise & nutrition program in the mornings beginning June 10, 2019
- Senior Wellness graduates of 2017 or earlier are eligible to participate



Free 3 Month  
Gold Pass Plan  
Provided\*\*



### WYTHEVILLE COMMUNITY CENTER

333 Community Blvd., Wytheville, VA 24382



(276) 223-3378



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Wythe-Bland Foundation  
Providing pathways for a healthier tomorrow

\*\*Pass Plan Provided Unless You Already Have One.