

April 2023 | You're invited—bring a friend!



CenterWell™

M	T	W	TH	F
3	4 Tai Chi 11:00 AM Tai Chi is a low-impact exercise method involving slow movements and breath. 	5	6	7
10	11	12  GRAND OPENING! 10:00 AM- 1:00 PM Meet the team, take a tour, enjoy music, a food truck and bingo! Chance for prizes too! 	13	14
17	18 Tai Chi 11:00 AM Tai Chi is a low-impact exercise method involving slow movements and breath. 	19	20  Learn & Earn: Benefits of Exercise w/ Luke Weishaar, PT- 2:00 PM LEARN the benefits of exercise and a chance to EARN a gift card!	21
24	25	26  Babe Ruth Bingo! 1:00 PM Celebrate The Great Bambino's Birthday with Bingo! Fun baseball themed prizes! 	27	28

All activities in our center are free, so bring your friends and family to enjoy together! Complimentary snacks and drinks always provided. We can't wait to see you!



For more information or to RSVP, call or text Stephanie Severance at 502-599-9786.

CenterWell Outer Loop

4521 Outer Loop | Louisville, KY 40219