

M	T	W	TH	F
3	4 Independence Day! 	5 Tai Chi 11:00 am Learn this ancient Chinese tradition based in martial arts to stay active! 	6	7
10	11	12  Household Bingo! 2:00 pm Come play bingo with us and you may save a trip to the store with household bingo! 	13 Self-Defense Class! 2:00 pm Guidance & tools to prepare you against threats with confidence & fearlessness! 	14
17	18 Tai Chi 11:00 am Learn this ancient Chinese tradition based in martial arts to stay active! 	19	20	21
24	25	26	27 Self-Defense Class! 2:00 pm Guidance & tools to prepare you against threats with confidence & fearlessness! 	28
31	<p>All activities in our center are <b>FREE</b> and you don't have to be a patient! So, bring your friends and family to enjoy with you! Complimentary snacks and drinks are always provided. We can't wait to see you!</p> <p><b>COME ON IN!</b></p>			



For more information or to RSVP, call or text Seth Mick at 502-918-0088.

CenterWell South 2nd

3151 S. 2nd St. | Louisville, KY 40208