






M	T	W	TH	F
<p>Welcome! All activities in our center are FREE! You do not have to be a patient to enjoy, so bring your friends and family with you! Complimentary beverages and snacks are always provided. We can't wait to see you!</p> <p>Free! <i>You're Invited</i> Free!</p>				1
<p>4</p> <p>Labor Day!</p> 	5	6	7	8
<p>11</p> 	<p>12</p> <p>Tai Chi! 11:00AM- 12:00PM Ancient Chinese tradition based in martial arts to keep you active & healthy!</p>	13	<p>14</p> <p>Self-Defense Class! 02:00PM- 03:00PM Guidance & tools to prepare you against threats w/ confidence & fearlessness!</p> 	15
18	19	<p>20</p>  <p>Autumn Equinox Bingo! 12:00PM- 01:00PM Happy first day of Fall! Celebrate with some autumn themed bingo!</p> 	21	22
<p>25</p> 	<p>26</p> <p>Tai Chi! 11:00AM- 12:00PM Ancient Chinese tradition based in martial arts to keep you active & healthy!</p>	27	<p>28</p> <p>Self-Defense Class! 02:00PM- 03:00PM Guidance & tools to prepare you against threats w/ confidence & fearlessness!</p> 	29



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

CenterWell Outer Loop
4521 Outer Loop | Louisville, KY 40219