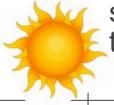


M	T	W	TH	F
<p>Welcome! All activities in our center are FREE! You do not have to be a patient to enjoy, so bring your friends and family with you! Complimentary beverages and snacks are always provided. We can't wait to see you!</p>   				1
4 Labor Day! 	5	6	7	8
11 	12 Tai Chi! 11:00AM- 12:00PM Ancient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