

Stay Strong. Stay Mobile.

Stay Independent.

Gaines Park Commun<mark>ity Center</mark> West Palm Beach September 6th 11am - 2pm

Royal Palm Beach Rec Center Royal Palm Beach September 15th 10am - 1pm

The Volen Center
Boca Raton
September 19th 10am - 1pm

North Palm Beach County Senior Center Palm Beach Gardens September 27th 10am-1pm

Eddie Lee Rhodes Gymnasium Pahokee September 28th 9am-12:30pm

Free Screenings & Information

Balance and Exercise
Medication Safety
Hearing and Vision
Blood pressure
Caregiver Support
Grocery Assistance
Home Safety
And More!

Community Partners:





