APRIL 2025

All classes are FREE & provided by Lanai Community Health Center. Donations are appreciated. Help us to continue our mission to provide quality healthcare on Lanai.

Bun heart school and he	MONDAY	TUESDAY 1	2	WEDNESDAY	3	THURSDAY	4	FRIDAY	5	SATURDAY	
balance o	caring of the present	1	2		3		4		5		`
Water strong lunch New Well exercise	Wholesome breath food tress-reduction laughter movement friends			Water Stability & Mobility (Community Pool)			10AM	Silver Sneakers Balance & Mobility (Senior Center)			A New Month P ush yourself R ejuvenate I nspire others L ift weights
Ва	lver Sneakers alance & Mobility lenior Center)	8		Water Stability & Mobility (Community Pool)	10		11 10AM	Silver Sneakers Balance & Mobility (Senior Center)	12		CODE FOR ALL ZOOM CLASSES 851-2230-2274
Ва	lver Sneakers alance & Mobility enior Center)	15		Water Stability & Mobility (Community Pool)	17		18 G	HOLIDAY	19		Classes with no specific location will be located around the community
Ва	lver Sneakers alance & Mobility denior Center)	22		Water Stability & Mobility (Community Pool)	24		25 10AM	Silver Sneakers Balance & Mobility (Senior Center)	26		pool - basketball court, football field, grass area
Ва	lver Sneakers alance & Mobility enior Center)	29		Water Stability & Mobility (Community Pool)	and the same of th	Lānaʻi (Healt 56:	5-693	nunity nter 19			near parking