

JANUARY 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.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>		1 HOLIDAY	2	3 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	4
						
5	6 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	7	8 10AM <i>Water Stability & Mobility (Senior Center)</i>	9	10 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	11
12	13 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	14	15 10AM <i>Water Stability & Mobility (Senior Center)</i>	16	17 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	18
19	20 HOLIDAY 	21	22 10AM <i>Water Stability & Mobility (Senior Center)</i>	23	24 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	25
26	27 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	28	29 10AM <i>Water Stability & Mobility (Senior Center)</i>	30	31 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	

**New YEAR,
 New GOALS,
 New YOU!!**

CODE FOR ALL ZOOM CLASSES
 851-2230-2274

Classes with no specific location will be located around the community pool - basketball court, football field, grass area near parking