

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

**Don't WISH  
for it,  
WORK for  
it.**

**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**