



OCTOBER 2024

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>	2	3	4	5	
		10AM <i>Water Stability & Mobility (Senior Center)</i>	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>			
6	7	8	9	10	11	12
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
13	14	15	16	17	18	19
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
20	21	22	23	24	25	26
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>		10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	
27	28	29	30	31		
	10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>		10AM <i>Water Stability & Mobility (Senior Center)</i>			

Eat HEALTHY RUN fast, and be SPOOKY this Halloween

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