SEPTEMBER 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	
1	2	HOLIDAY	3	4		5		6		7	J	SUCCESS doesn't come to
	No to	abor Day		10AM	Water Stability & Mobility (Senior Center)			10AM	Silver Sneakers Balance & Mobility (Senior Center)			you, YOU GO TO IT.
8	9		10	11		12		13		14]	-
	10AM	Silver Sneakers Balance & Mobility (Senior Center)		10AM	Water Stability & Mobility (Senior Center)			10AM	Silver Sneakers Balance & Mobility (Senior Center)			
15	16		17	18		19		20		21		-
	10AM	Silver Sneakers		10AM	Water Stability &			10AM	Silver Sneakers			Classes with no specific location will
		Balance & Mobility (Senior Center)			Mobility (Senior Center)				Balance & Mobility (Senior Center)			be located around the community
22	23		24	25		26		27		28]	pool - basketball
	10AM	Silver Sneakers Balance & Mobility (Senior Center)		10AM	Water Stability & Mobility (Senior Center)			10AM	Silver Sneakers Balance & Mobility (Senior Center)			court, football field, grass area near parking lot
29	30					_	itty]	
	10AM	DAM Silver Sneakers Balance & Mobility (senior Center) Lāna'i Community Health Center 565-6919 #LANAIHEALTH					heart school balance balance strong strong well exercise well exercise w					