

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	
						10AM <i>Water Stability & Mobility</i> (Senior Center)				10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)			
8	9	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)				10AM <i>Water Stability & Mobility</i> (Senior Center)				10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)			
15	16	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)				10AM <i>Water Stability & Mobility</i> (Senior Center)				10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)			
22	23	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)				10AM <i>Water Stability & Mobility</i> (Senior Center)				10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)			
29	30	10AM <i>Silver Sneakers Balance & Mobility</i> (Senior Center)		 <p>Lānaʻi Community Health Center 565-6919 #LANAIHEALTH</p>									

SUCCESS
 doesn't come to
 you,
YOU GO TO IT.

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