

# Health & Wellness Current Workshop Schedule 2025

## BINGOcize

### **Our Lady of Grace Catholic Church**

May 13 - July 17, 2025

*Tuesdays & Thursdays*

11:00am - 12:00pm

595 E Main St. Avon Park, FL 33825

Sarah McDonald Building

Please register at 813-676-5036

## TAI CHI for Fall Prevention

### **HCA Florida Blake**

Apr 15 - Jun 5, 2025

*Tuesdays & Thursdays*

2:00pm - 3:00pm

2010 59<sup>th</sup> St W Bradenton, FL 34207

Please register at 841-567-7177