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A free community wellness initiative
brought to you by Connally Memorial Medical Center
& the Consolata Healthcare Foundation



December Calendar

Mondays:

Line Dancing- 9:30am-10:30am, First Baptist Church- Family Life Center, 1115 B Floresville

Tuesdays & Thursdays:

Walking Group- 7:00am-8:00am, Hospital Parking lot, 499 10th Street, Floresville

Wednesdays:

Balance Matters (Exercises to reduce your risk of falling)- 8:00am-8:45am
Led by CMMC Rehabilitation, Floresville Event Center

Thursdays:

Low Impact Aerobics- 1:00pm – 2:00pm, Floresville Event Center

I Heart Health classes - the first 2 weeks of December only- December 3rd – 13th

Merry Christmas!

