



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

October Events

Mondays:

Line Dancing-9:30 A.M. –10:30 A.M., First Baptist Church- Family Life Center,
1115 B, Floresville

Second Monday of the Month: Brunch

Tuesdays:

Walking Group- 7:00 A.M. -9:00 A.M., Hospital parking lot, 499 10th Street,
Floresville

Wednesdays:

Balance Matters (Exercises to reduce your risk of falling) - 8:00-8:45 A.M.

Led by CMMC Rehabilitation, Floresville Event Center

Second Wednesday of the Month: Brunch

Meet the Doctor- Podiatry (Foot & Ankle), Dr. Travis Holloway

Monday, October 14th, 10:30 A.M. (After Line Dancing)

First Baptist Church- Family Life Center

Join us for line dancing and afterwards have brunch with our new
physician, Dr. Travis Holloway, Podiatry (Foot & Ankle).

Meet the Doctor- Podiatry (Foot & Ankle), Dr. Travis Holloway

Wednesday, October 16th, 9:00 A.M. (After Balance Class)

Floresville Event Center

Join us for balance class and afterwards have brunch with our new
physician, Dr. Travis Holloway, Podiatry (Foot & Ankle).

\$5 Jewelry & Accessory Sale

Thursday, October 31st 7:30 A.M. - 6:00 P.M.

Friday, November 1st 7:30 A.M. – 4:00 P.M.

Connally Memorial Hospital Main Lobby