



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

December 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