

50 North Wellness Day

Saturday, December 9, 2023
11:30am—1:30pm

In partnership with the Findlay-Hancock County Community Foundation Fun For All Grant, people 50+ may attend 50 North's FREE Wellness Center Event. You do NOT need to be a 50 North member or Wellness Center member. Trail Mix buffet provided to all who attend.

11:30am—1:30pm
Work out in Wellness center and Track

11:45am—12:45pm *Reservation required.*
Annie Hayes will present on **“Building Our Immunity Through Wellness: Strategies and Prioritizing Selfcare: followed by a seated yoga and relaxation class.**

11:45am—12:30pm *Reservation required.*
Power-up Combo Circuit class with Mark Vehre and Francie Kasmarek

12:30pm—1:00pm *Reservation required.*
Cycling Mix with Bonnie Ward

12:00pm—1:00pm *Reservation required.*
FREE Hydromassage sessions



Call 567-429-8382 to reserve your spots. Deadline to register is December 1.