



PREVENTATIVE HEALTH & WELLNESS WORKSHOPS

FREE

The 3-part series will be held at the Maricopa Community Center
41614 W Smith Enke Rd. Ste #100, Maricopa, AZ 85138

Thursday, March 27, 2025 at 11am:

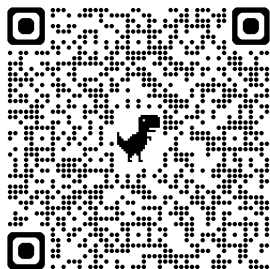
Nutrition- Learn how nutrition impacts health and explore simple, healthy recipes in this first session.

Monday, April 7, 2025 at 10am:

Fitness- Explore fitness essentials, recommended standards, and exercise demonstrations to keep your body moving.

Thursday, April 10, 2025 at 1pm:

Mental Health- Discover how relationships, nutrition, and fitness support mental health and combat isolation and grief.



Scan the QR code or
head over to the
Community Center to
sign up

