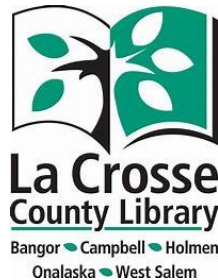




National Senior Health & Fitness Day

Join us for a **FREE** event and learn how to
“*Move More To Do More*” featuring:



*Light lunch provided; first come, first served.
Donations accepted.*

*For complete schedule, visit
www.lacrossecounty.org/adrc*

WHEN:

Wednesday,
May 31, 2023
9 AM—2 PM

WHERE:

Black River Beach
Neighborhood
Center
1433 Rose St,
La Crosse

For more info,
call the ADRC:

608-785-5700