



FEBRUARY 2024

All classes are FREE & provided by Lanai Community Health Center. Donations are appreciated.
 Help us to continue our mission to provide quality healthcare on Lanai.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <p>Lāna'i Community Health Center 565-6919 #LANAIHEALTH</p>			1 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	2 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	3 
4	5 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i> 3PM <i>WBS - Akiko (ZOOM & In-Person)</i>	6	7 10AM <i>Water Aerobics (Community Pool)</i>	8	9 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	10 
11	12 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	13 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 3PM <i>WBS - Akiko (ZOOM & In-Person)</i>	14 10AM <i>Water Aerobics (Community Pool)</i>	15 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	16 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	17 
18	19 HOLIDAY 	20 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i> 3PM <i>WBS - Akiko (ZOOM & In-Person)</i>	21 10AM <i>Water Aerobics (Community Pool)</i>	22 10AM <i>Silver Sneakers Chair Yoga (Senior Center)</i>	23 9:30AM <i>WBS - Akiko (ZOOM & In-Person)</i> 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	24 
25	26 10AM <i>Silver Sneakers Balance & Mobility (Senior Center)</i>	27	28 10AM <i>Water Aerobics (Community Pool)</i>	29		

LOVE
 yourself
 enough to
 live a
HEALTHY
 lifestyle

CODE FOR ALL
 ZOOM CLASSES
 851-2230-2274

Classes with
 no specific
 location will
 be located
 around the
 community
 pool -
 basketball
 court,
 football
 field, grass
 area near
 parking lot