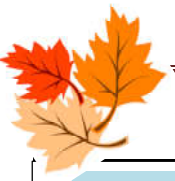


# September Wellness 2022

\*Programs are subject to change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>All Penn Med Programs Are Independently Scheduled To Register For Their Programs Please Call (888) 897-8979</b></p> <p><b>Or Register Online at</b></p> <p><a href="https://www.princetonhcs.org/events?term=south+brunswick">https://www.princetonhcs.org/events?term=south+brunswick</a></p>		<p>10:30 BODY SCULPTING 1:30 BADMINTON</p>	<p>11:30 CHAIR YOGA</p>	<p>2:30 <b>NO NOW &amp; ZEN</b>, Aud. 2</p>
<p><b>Senior Center Closed</b> 5</p> <p><b>HAPPY LABOR DAY</b></p>	<p>10:00 BOLLYX 12:30 SWEATIN TO THE OLDIES</p>	<p>10:30 BODY SCULPTING 1:30 BADMINTON</p>	<p>11:30 CHAIR YOGA</p>	<p><b>10:00 ZUMBA DEMO</b> 2:30 <b>NO NOW &amp; ZEN</b>, Aud.2</p>
<p>11:00 BODY SCULPTING</p>	<p>12:30 SWEATIN TO THE OLDIES</p>	<p><b>8:00a – 5p PENN MED:</b> <b>Mental Health First Aid Training</b> <b>Call (888) 897- 8979 to register</b> 10:30 BODY SCULPTING <b>12:30 CHAIR YOGA WITH RIA</b> <b>Call Jasmine (732) 329-4000 x7670 to register</b> 1:30 BADMINTON</p>	<p>11:30 CHAIR YOGA</p>	<p><b>10:00 ZUMBA BEGINS</b> 2:30 <b>NOW &amp; ZEN</b>, Aud. 2</p>
<p>11:00 BODY SCULPTING</p>	<p><b>10am – 12pm PENN MED Blood Pressure Screening</b> 12:30 SWEATIN TO THE OLDIES</p>	<p>10:30 BODY SCULPTING 1:30 BADMINTON</p>	<p>11:30 CHAIR YOGA</p>	<p>10:00 ZUMBA 2:30 <b>NOW &amp; ZEN</b>, Aud. 2</p>
<p>11:00 BODY SCULPTING</p>	<p>10 :00 BOLLYX 12:30 SWEATIN TO THE OLDIES</p>	<p>10:30 BODY SCULPTING 1:30 BADMINTON</p>	<p>11:30 CHAIR YOGA</p>	<p>10:00 ZUMBA 2:30 <b>NOW &amp; ZEN</b>, Aud. 2</p> <p><i>Pumpkin spice latte</i></p>

