



Senior Health and Wellness Day

Friday, April 27th from 9am-12:30pm

- FREE Napa Community event
- Health and Nutrition, Massage, Rosen Method/Relaxation
- Senior group exercise demos, Rock Steady Boxing
- Community partners...with information you can use!
- Raffle prizes
- Sign up the day of the event & enjoy 50% off enrollment fee*

» **RSVP:** www.wellnesscenternapa.com/senior

*Certain conditions and restrictions apply. Valid on all membership types. Must join on 4/27/18. Raffle drawings take place 4/27/18. Need not be present to win. Winners will be notified by email or phone. No purchase necessary. Offer expires 4/27/18.



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