

INTRO TO *Wellness* w/ Ashley

Join us to learn about how to use
the Wellness Room Equipment.



JULY 6TH
2 PM

\$5



JULY 7TH
10 AM

\$5



Sign Up in the Lobby!

**For More Information Call:
704-866-6848.**

LIMITED TO
THE FIRST
5 People!
PER SESSION
♥


GASTONIA_{NC}
Great Place. Great People. Great Promise.
Parks & Recreation Department



LOCATION:
Senior Activity Center
107 South Broad St, Gastonia, NC 28052