

Better Together Health Fair



THURSDAY, MARCH 12

11:30AM - 2:30PM

**WARNER PARK
COMMUNITY
RECREATION CENTER**

**1625 NORTHPORT DR,
MADISON, WI 53704**



**ENJOY A DAY OF CONNECTION, HEALTH & COMMUNITY
REGISTRATION NOT REQUIRED**

GET MOVING 20 MINUTES EACH

- 11:30 AM - Chair One Dance Fitness**
- 12:00 PM - Chair Yoga**
Nature Walk - Basics of Birding
- 12:30 PM - Minds in Motion** (brain health)
- 1:00 PM - Parkour for Seniors**
Nature Walk - Basics of Birding
- 1:30 PM - Tai Chi**
- 2:00 PM - Simple Strength**

ALL ABILITIES WELCOME

ART & MUSIC

- 1:00 PM - ML Wright Poetry Reading**
- 2:00 PM - Sassy Steppers Performance**
- Live Piano Music
- Better Together Art Show

RESOURCES & EDUCATION

- Local Health & Wellness Agencies + Swag!
- Tours of WPCRC Facility
- Private Health Screenings
- Project Home - Every Home Safe & Sound
- Bicycling & Ride Share Information

SNACKS & BEVERAGES PROVIDED BY CIRCLE OF FRIENDS OF WARNER PARK



**LEARN MORE! CALL 608-204-3023 OR SCAN THE
QR CODE TO VIEW AGENCIES, SCHEDULES, AND
DETAILED CLASS INFORMATION.**