



Healthy heart

Wednesday, July 24, noon–1:30 p.m.
Greenfield Civic Center
599 El Camino Real, Greenfield



Balance your body

Friday, July 26, 10:30–11:30 a.m.
Alliance on Aging HUB
236 Monterey Street, Salinas



Craft your path to well-being

Friday, August 2, 10:30–11:30 a.m.
Alliance on Aging HUB
236 Monterey Street, Salinas



Movement for well-being

Friday, August 9, 10:30–11:30 a.m.
Alliance on Aging HUB
236 Monterey Street, Salinas



Eating for well-being

Friday, August 16, 10:30–11:30 a.m.
Alliance on Aging HUB
236 Monterey Street, Salinas



Find calm for mind and body

Friday, August 23, 10:30–noon
Alliance on Aging HUB
236 Monterey Street, Salinas



Move more, live more

Friday, August 30, 10:30–11:30 a.m.
Alliance on Aging HUB
236 Monterey Street, Salinas

Community Connections

Make new friends. Take wellness classes. Feed your soul.



PRESENTED BY



RSVP: www.aspirehealthplan.org/connections2024 (831) 644-7490 (TTY: 711)

Other providers are available in our network. For accommodations of persons with special needs at meetings call (855) 570-1600 (TTY users call 711). H8764_MKT_CommConn_0624_C



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Health and wellness or prevention information

ADDRESS SERVICE REQUESTED

Join us for our **Community Connections**

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