



October 2017 Events

Flu Shot Clinics

Friday, October 6 from 9:00 – 11:00 am **CHE**

Thursday, October 12 from 2:00 – 5:00 pm **DEX**

Community Country Dance

Friday October 20 from 6:00 – 7:30 pm • FREE **DEX**

Come learn how to circle, line and square dance. All ages welcome. Dance called by Susan Filipiak and music provided by Brad Phillips. *Registration required.*

Massage Awareness Week

October 22 – 28 **CHE** **DEX**

Massage discounts available all week. Free chair massages.

Help for the Things that Hurt You!

Thursday, October 26 from 6:30 – 7:30 pm **CHE**

Are you one of the many who suffers from migraines, TMJ dysfunction, sinus problems to name a few? Come learn how Craniosacral Massage Therapy can help your body heal itself.

Dancing for a Cure Zumba Party

Friday, October 27 from 6:00 pm – 7:30 pm **DEX**

Support the American Cancer Society. Get moving for a great cause as 100% of registration donations benefit cancer research. Minimum \$10 donation reserves a spot on the dance floor.

