



National SENIOR HEALTH & FITNESS DAY

May 27th

Help promote the importance of fitness for senior adults. Spend time with your senior adult by walking or doing short exercises. Remember to consult with their doctor first. Post your activity to social media using the hastag:

#SeniorHealthandFitnessDay



MENTAL HEALTH MONTH

ARE YOU IN NEED OF MENTAL HEALTH SERVICES?
IF SO,
PLEASE



CALL: 601-713-4099



DON'T LITTER!

USED MASKS AND GLOVES BELONG IN THE GARBAGE

FOR THE MOST RECENT INFORMATION ON COVID-19 VISIT WWW.CDC.GOV/CORONAVIRUS/2019

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JOIN US ON FACEBOOK LIVE FOR VIRTUAL FITNESS CLASSES AT 10AM WEDNESDAY MAY 27th & THURSDAY MAY 28th