

# 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.

