



Nacimiento Community Foundation
Healthy Communities, Cuba, NM

Seniors Center *2011 Winter Activities*

Tuesdays & Fridays
12pm – 1pm
Dance: Movement to Music

Wednesday & Thursday
1pm
10 Minutes of Movement before BINGO



Movement makes us feel better and improves health and well-being!

Meet you friends, co-workers, and community members for fun, physical activity to uplift and rejuvenate yourself. You can de-stress, get stronger, improve mobility, manage weight, and boost immunity.

Even a few extra minutes of movement can make us feel better!

For more information call Anna: 505-289-3718 or 505-288-2733

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