



LivingWell
Health Center by HEALTHSPRING

List of Activities for Gallatin, TN
September 2009

Date	Day	Time	Location	Event	Topic	Description
Sept 2 & 16	Weds	1:30pm	LivingWell	Games	Gardening Class	
Sept 9	Weds	10:30am	LivingWell	Exercise	Bowling	Gallatin Strike and Spare
Sept 11	Friday	1:30pm	LivingWell	Games	Craft Class	Picture Frames
Sept 11	Friday	1:00pm	LivingWell	Social	Grandparents Day	
Sept 14	Monday	11:00am	LivingWell	Games	Cooking Class	
Sept 16	Weds	10:00am	LivingWell	Support	Diabetic Education Group	Come share secrets of blood sugar/weight control!
Sept 16	Weds	11:00am	LivingWell	Social	Red Hat Society	See Ambassador
Sept 30 & 9/1	Weds - Thurs	11:00am	LivingWell	Education	AARP Driver's Safety Class	
Every Tues & Thurs		10:00am	LivingWell	Exercise	Chair Exercise	

Any Day, Any Time - You May Bring a Friend!