

WELLNESS WEDNESDAY

LINE DANCE 4-FITNESS



WEDNESDAY, JUNE 25, 2025

2:00 p.m. - 3:00 p.m.

**Location: MedStar Family Choice DC
Community Wellness 3924
Minnesota Ave., N.E.
(Across from the McDonald's)**

*Healthy Snacks will be provided. Must Pre-Register.

Join us to get fit, have fun and line dance! This class is a gentle form of exercise, making it suitable for people of all ages and fitness levels that will get you moving:

- Improve balance and coordination
- Strengthen muscles and help to tone legs, core, and arms
- Help reduce stress and anxiety and boost mood and self-esteem
- Help burn calories and keep you active
- Learn new and popular line dances by instructor
- Where those fans at? We Got You! All class participants will receive a fan

Click Link or Scan QR

To Pre-Register:

www.eventbrite.com/e/line-dance-4-fitness-tickets



This program is brought to you by the
Government of the District of Columbia
Department of Health Care Finance.



GOVERNMENT OF THE
DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR