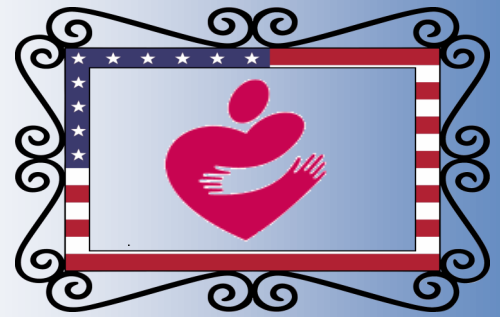


MOCA Health & Wellness Center

Calendar of Events

July 2017



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2	3 Freedom From Smoking 5:00 pm	4 CLOSED Fourth of July 	5 Diabetic Class 10:00am-11:00am Warren Senior Center 11:45 Soap-O	6	7 Zumba Gold 9:00 am-10:00 am	8
9	10 Freedom From Smoking 5:00 pm	11 Zumba Class 6:00pm-7:00 pm	12 Diabetic Class 10:00am-11:00am Warren Senior Center 11:45 White Elephant Bing	13	14 Zumba Gold 9:00 am-10:00 am Zumba Class 6:00 pm-7:00 pm	15
16	17 Freedom From Smoking 5:00 pm	18 Zumba Class 6:00pm-7:00 pm	19 Diabetic Class 10:00am-11:00am	20	21 Zumba Gold 9:00 am-10:00 am	22
23	24	25	26 Diabetic Class 10:00am-11:00am	27	28 Zumba Gold 9:00 am-10:00 am Zumba Class 6:00 pm-7:00 pm	29
30	31					

Missouri Ozarks Community Action Inc.

Phone: 573-765-3183

Kelly Birdsong @ ext. 133 or Kathy Drake @ ext.141
will be happy to help you!

