

# MOCA Health & Wellness Center

## Calendar of Events 2017

# September



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4 <b>Labor Day</b> <b>MOCA Closed</b> NO Yoga Class	5 Zumba Class 6:00pm-7:00 pm	6 Diabetic Class 10:00am-11:00am	7 Yoga Class 6:00pm -7:00pm	8 Zumba Gold 9:00am-10:00am	9
10	11 Yoga Class 6:00pm -7:00pm	12 Zumba Class 6:00pm-7:00 pm	13 Diabetic Class 10:00am-11:00am	14 Yoga Class 6:00pm -7:00pm	15 NO Zumba Gold	16
17	18 Yoga Class 6:00pm -7:00pm	19 NO Zumba Class	20 Diabetic Class 10:00am-11:00am	21 Yoga Class 6:00pm -7:00pm	22 Zumba Gold 9:00am-10:00am	23
24	25 Yoga Class 6:00pm -7:00pm	26 NO Zumba Class	27 Diabetic Class 10:00am-11:00am	28 Yoga Class 6:00pm -7:00pm	29 Zumba Gold 9:00am-10:00am	30



**Missouri Ozarks Community  
Action Inc.**

Phone: 573-765-3183

Kathy Drake @ ext.133 or Robert Morris @ ext. 141  
will be happy to help you!

