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Kern Family
Health Care®



LIVE BETTER PROGRAMS

BEGINS JUNE 22, 2024.

ZUMBA **FREE**

SATURDAYS

9:00 A.M. – 10:00 A.M.

YOGA **FREE**

**MONDAYS &
WEDNESDAYS**

6:00 P.M. – 7:00 P.M.

NUTRITION CLASS EVERY 2ND THURSDAY OF THE MONTH 5:30 – 7:00 P.M.

260 WEST 11TH AVENUE, DELANO, CA 93215 • PHONE 661-721-3335



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Health Care®



PROGRAMA VIVE MEJOR

COMIENZA 22 DE JUNIO

ZUMBA **GRATIS**

SÁBADOS

9:00 A.M. – 10:00 A.M.

YOGA **GRATIS**

LUNES Y MIÉRCOLES

6:00 P.M. – 7:00 P.M.

CLASES DE NUTRICIÓN CADA 2º JUEVES DEL MES 5:30 – 7:00 P.M.

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