

# Spring Health and Wellness Day 2016

**Saturday, March 5<sup>th</sup> 10:00 A.M. – 2:00 P.M.**

It's time for the Spring Health and Wellness Day! Residents have an opportunity on Saturday, March 5<sup>th</sup> from 10:00 A.M. – 2:00 P.M. to take advantage of free classes, Pickle ball classes and take part in a 3V3 Basketball tournament. Healthy food vendors will be available to residents to purchase tasty treats, and staff nutritionist Sarah Marrs will host our monthly Healthy Living series. Please see our list of activities for the day below or you can view them on **ActiveNet**.

**10:00 A.M. Pickle ball Clinic (Tennis Courts)**

**10:00 A.M.-? PM3V3 Basketball Tournament**

**10:00 A.M. Cardio-Kickboxing (Activities Lawn)**

**11:00 A.M. Zumba (Activities Lawn)**

**11:00 A.M. Healthy Living Series with Nutritionist Sarah Marrs (LaVillita lounge)**

**12:00 P.M. Hot Hula/Hot Fusion Preview (Activities Lawn)**

**12:00 P.M. Spinning Class – (Rio Bravo room)**

**Legos for Kids - Pima For Kids, Where Play Meets Learning**

**Food - In Root Vendors**

**Infants & Children vision screening**

**Rubs Massage Studio**

**UCHC – Blood pressure checks**

**Walgreens**

**Sahuarita Food Bank –accepting food/cash donations (Ramada)**



**Rural/Metro  
Fire Department**



**Sahuarita  
FoodBank**



**RANCHO SAHUARITA**  
IT'S ALL IN YOUR BACKYARD

For more information, visit:  
**WWW.MYRANCHOSAHUARITA.COM**