

Join Us for SoFit: Special Olympics Fitness & Wellness Program

WHEN:

Alternating Mondays from 5:30-6:30pm

September 11th, 2023 through November 20th, 2023
(9/11, 9/25, 10/9, 10/23, 11/6, 11/20)

WHERE:

Life Navigators

7203 W Center Street

Wauwatosa, WI 53210



Please join Life Navigators and Special Olympics for a special, six-session series in the different parts of wellness. At each meeting we will learn about a different component of wellness and then spend some time getting active! All fitness levels are welcome!

Make sure to RSVP ahead of time, as space is limited!

Deadline to RSVP: Wednesday, August 30th, 2023

QUESTIONS or RSVP:

Please contact Claire Keyes, Program Coordinator at
(414) 774-6255 or [claire@lifnavigators.org](mailto:claire@lif navigators.org)

