



# ***MOTION EMPOWERED***

**A Support Group To Motivate Healthy Mobility**

**WHEN: 11 am**  
THURSDAYS

**WHERE: RED TAIL HAWK**  
LIFE CENTER CONFERENCE ROOM

**TOPICS WILL INCLUDE:**

**healthy habits, mindfulness,  
self-empowerment and building hope**

***PLEASE JOIN US.***

*It will be a great time for meeting  
new people, learning, and support.*

SCAN TO VISIT  
OUR PAGE



**LIFE CENTER**  
DIABETES, ENDOCRINOLOGY & WELLNESS

*Hosted by the Life Center Diabetes Counseling and Support,  
Please call for information (520) 562-7940*