Question 113 – SWC Programming

Wellness Center	Top 3 Programs
Bernice Fonteneau Senior Wellness Center Ward 1	1. Aerobics with Kojak 2. Muscle Toning with Tony 3. Arts & Crafts
Hattie Holmes Senior Wellness Center Ward 4	1. Enhanced Fitness and Line Dancing 2. Socialization activities 3. Holiday Party
Model Cities Senior Wellness Center Ward 5	1. Cardio Chair with Walter Smith 2. Tai Chi with Taj Johnson 3. Total Fitness with Kojack
Hayes Senior Wellness Center Ward 6	1. Weekly BINGO! 2. Bowling Bus Trips 3. Line Dancing
Washington Senior Wellness Center Ward 7	1. Enhance Fitness with Tawana 2. Weekly Nutrition Sessions 3. Weekly Trips
Congress Heights Senior Wellness Center Ward 8	1. Physical Fitness Evidence Based & Non-Evidence Based 2. Health Education 3. Socialization activities