



# ZUMBA

WITH THE



*Serving: Dunklin, Pemiscot, Scott, New Madrid, and Mississippi Counties*

**POWER TO PREVENT CLASSES WILL BE ON THURSDAYS STARTING**

**March 14th, 2019 from 5PM-7PM**

**Bowden Civic Center**

**700 Sy William Street | Charleston, MO 63834**

***THESE CLASSES ARE FREE***

***Classes are 2 hours 1 time a week for 8 weeks***

***45 minutes of each class will be Zumba\****

*\*Only individuals who enroll into the Power to Prevent class will be able to participate in Zumba*

- ★ Light snack provided during class
- ★ BHA Incentives for participants based on availability
- ★ Transportation **not** available



For More Information Contact the MBRC, Inc. Office

573-471-9400 or Toll Free 1-888-317-4949 | 903 South Kingshighway, Ste. A | Sikeston, MO 63801

or visit our website: [www.mbrinc.org](http://www.mbrinc.org) Visit the Bootheel Health Alliance on Facebook