

# Halifax Health | Brooks Rehabilitation

## Wellness Program Weekly Calendar

**MONDAY  
WEDNESDAY  
FRIDAY**

### Wellness Program

DeLand Family YMCA  
8:30-11:30am

### Wellness Program

Ormond Beach Family YMCA  
12:00-4:00pm

**TUESDAY  
THURSDAY**

### Wellness Program

Ormond Beach Family YMCA  
12:00-4:00pm

#### Ormond Beach Family YMCA:

500 Sterthaus Dr, Ormond Beach, FL

#### DeLand Family YMCA:

761 E International Speedway Blvd, DeLand, FL

#### FOR MORE INFORMATION:

386.871.3024

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