



411 Cedars Lane, Dexter, MI 48130

LUNCH & LEARN
LIFELONG
Wellness



PLEASE JOIN US!

Learn more about our varied fitness and wellness offerings.





AN EXCEPTIONAL PLACE TO BUILD AN EXCEPTIONAL LIFE.

The Cedars is an independent living community that empowers residents to build enriching, fulfilling lives. Just move into one of our Craftsman-style luxury homes and start living the life you've always wanted — we'll even take care of home maintenance so you have the time for more meaningful pursuits.

PLEASE JOIN US!

RSVP for a Lunch and Learn event and learn more about our varied fitness and wellness offerings.

LUNCH & LEARN LIFELONG Wellness



FEBRUARY 27, 2024 or MARCH 12, 2024
at **11:00 A.M.**

Learn more about the varied fitness and wellness offerings at The Cedars of Dexter through NIFS (National Institute of Fitness and Sport) and local partnerships. Attendees will have the opportunity to try a stretch and balance class in our Fitness Center! Following the presentation and wellness class, enjoy a chef-prepared meal in our Dining Room.

PLEASE RSVP!

by February 20 (for the February 27 event)
or March 5 (for the March 12 event)

**Visit www.CedarsOfDexter.com/Wellness or
call 734.562.0124**

Visit www.CedarsOfDexter.com
to learn more about The Cedars of Dexter

