



You Thrive Florida

You Thrive FL will provide breakfast & lunch at Dundee Community Center 603 Lake Marie Blvd. Free for residents 60+. Includes activities and programs!



Helping the Aging Population of Polk Remain Independent

Services Provided Include:

Breakfast and Lunch offered every Thursday from 10am-2pm

Nutrition Education

Informative Programs and Fun Activities

Call for more information:

April Sanchez (352)345-1002

Maria Ramos (352)667-1484

1290 Golfview Ave. Bartow, FL 33830

www.youthrivefl.org

**Funding Provided By Department of Elder Affairs and Senior Connection Center*