



Iu-Mien Healthy Village Senior Group

COME AND HAVE FUN WITH YOUR FRIENDS
Daaih buangh doic yaac maaih naauc ngitc

6000 Lemon Hill Avenue, Sacramento, CA 95824
Mondays & Wednesdays 9:00 a.m.- 12:00 p.m.
Leiz-baaix yietv & Leiz-baaix faam 9:00 a.m. - 12:00 p.m.

Please call 916-383-3083
Gunv Heuc 916-383-3083

Benefits:

- Free
- Free snacks
- Fun
- Meet new and old friends
- Stress management
- Exercise

Leic:

- Maiv zuqc ndortv nyaanh
- Nyanc hopv free
- Maaih naauc ngitc
- Duqv buangh loz-doic caux siang-doic
- Jaiv nzauh
- Corng sin



**IU-MIEN
COMMUNITY
SERVICES**

▶▶▶ Mailing: P.O. Box 245693, Sacramento, CA 95824
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916.383.3083 contact@unitediumien.org
www.unitediumien.org

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