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Pasco Offers Healthy, Wealthy, and Wise Programs for 2019

~~Pasco Community Services launches new enrichment programming for the New Year~~

PASCO COUNTY, FL ---- Keep those resolutions and start the New Year with a new you! [Pasco County Community Services Department](#) is offering a variety of new health and enrichment programs for adults in 2019.

“We’re excited to offer these new programs aimed at keeping minds and bodies active,” said Pasco County Community Services Director Kimberly Price. “Renewing the vitality in our lives can keep us feeling our best. Join us for the opportunity to maintain a healthy lifestyle, learn new things and make new friends along the way.”

Programs include enhanced fitness, chair yoga, gardening, local history, consumer education, craft making, fire safety, preventing and managing hypertension and diabetes, and more. Most activities will be held at the senior centers in Port Richey, Land O’Lakes and Dade City. Adults of all ages are invited to discover their program options at any Pasco County Senior Center.

The Galen Wilson (Port Richey), Land O’Lakes and Dade City Senior Centers are open from 8:00 a.m. to 5:00 p.m., Monday through Friday. Senior centers at partner locations in New Port Richey, Shady Hills and Zephyrhills are open until 1:00 p.m. Programs are free, and so is lunch service – which is provided to Pasco residents age 60 or older at all locations. For a full list of available programs, click [here](#).

To learn more about Pasco County Senior Centers, please visit our [Facebook](#) page. The [Pasco County Senior Services Division](#) is dedicated to supporting the health, vitality, independence, and well-being of seniors in Pasco County.

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