

## HorizonBlue.com/shbp



Break up your workout routine with our Latin dance class, where you'll increase cardio endurance and have fun! Zumba/Latin Dance Monday, October 31 5:30 p.m. - 6:30 p.m.

**Register Now** 

Space is limited.

Please talk to your doctor before beginning an exercise program.

Need Help Getting Care? Call a Horizon Health Guide at 1-800-414-SHBP (7427).

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