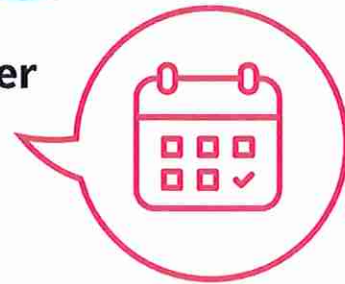


It's happening here!

Keystone First Wellness and Opportunity Center
1929 W. 9th Street, Chester, PA 19013



Did you know Keystone First offers a wide variety of programs?
 Take advantage of these great activities, all at no cost to you.

PROGRAM NAME	DESCRIPTION	DATE AND TIME	MORE INFO
Painting for the Health of It!	2-hour instructor-led painting class with refreshments and music. Beginners wanted.	First Friday of the month 4 p.m. – 6 p.m.	Call 1-610-245-9847. Seats are limited! Must be 14 or older. Children younger than 18 must be accompanied by an adult.
Benefit Navigation	Get help applying for important benefits.	Tuesdays and Thursdays 9 a.m. – 2 p.m.	Resources provided by Welfare Pride.
Employment Support	Resume writing, interviewing skills, training, and more.	Tuesday through Friday 9 a.m. – 5 p.m.	Resources provided by Uplift Solutions.
Food Distribution	Get your fresh fruit and veggies!	First Thursday of the month 10 a.m. while supplies last	Resources provided by Share Food Network.
The Wardrobe	Styling and fitting for adult men and women.	Tuesdays 10 a.m. – 2 p.m.	Resources provided by The Wardrobe.
Wellness Wednesdays	Cooking demos, health screenings, and more.	Wednesdays 9 a.m. – 5 p.m.	A new presentation each week.
Yoga and Zumba	Yoga: Floor and chair exercises that include stretching, breathing, and meditation. Zumba: This Latin-inspired aerobics class is all about dancing and having fun.	Wednesdays Zumba: 6:30 p.m. to 7:30 p.m. Saturdays Yoga: 9:30 a.m. – 10:30 a.m. Zumba: 10:30 a.m. – 11:30 a.m.	Led by Jana Walker.

For more information, please call us at 1-610-245-9847, Tuesday, Thursday, and Friday from 9 a.m. to 5 p.m., Wednesday from 9 a.m. to 7:30 p.m., and Saturday from 9 a.m. to noon.

We look forward to seeing you!

Keystone First. Our roots run deep.

More than 40 years serving neighbors, friends, and family.



Keystone First



www.keystonefirstpa.com