



CHAIR ONE EXERCISE

SATURDAY 04/27/2024 • 10:30 TO 11:30 A.M.

EMPOWERING HEALTHY SENIORS



Program:

- Increase flexibility mobility and balance
- Helps in reducing signs of aging
- Helps to sharpen memory
- Staying Covid safe during exercising



Want to attend?

- Limited seats available
- Pre-registration is encouraged
- For more information, please call 757-578-5079
- Masks are available on request



FREEDOM COGIC
2966 Argonne Avenue, Norfolk, VA 23509

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MENTAL HEALTH AWARENESS

SATURDAY 04/27/2024 • 11:30 am to 12:00 pm

1 in 5

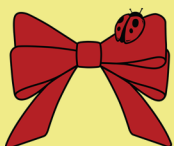
Adults and children in America experience mental illness.

79%

of children with mental health disorders do not receive treatment.

Mental illness often goes untreated as a result of shame or access to care.

BREAK THE STIGMA AND FIND HELP FOR YOU OR SOMEONE YOU LOVE AND JOIN US FOR THIS VERY IMPORTANT DISCUSSION.



The Sarah Michelle Peterson Foundation
Depression is Not Your Fault - Stay Alive!

ASK US ABOUT THE FREEDOM YOUTH DEVELOPMENT PROGRAM

- Martial Arts and Self-Defense
- Sporting Activities
- Youth Mentorship Workshops
- Skill & Self-Esteem Building
- Team Building Exercises
- Anti-Bullying Seminars
- Crime Prevention Workshops
- And much, much, more