



Seniors and Baby Boomers

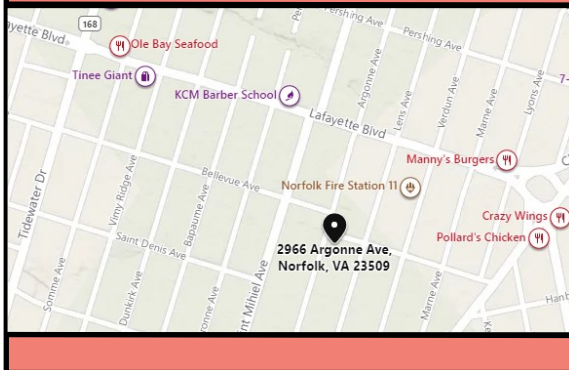


# Health & Wellness Workshop



Thursday  
May 26, 2022  
10:30 to 12:30 PM

**Freedom Church of God in Christ**  
Pastor Anthony E. Daniels, Sr.  
2966 Argonne Avenue  
Norfolk, 23509  
757-578-5079



## Take Control of Your Health

Do you want to...

- Feel Better and build-up your immune system?
- Get more out of life?
- Learn about eating healthy?
- Learn about exercising safely?
- Understand the importance of vaccinations, boosters, and wearing a mask

If so, then our FREE Health & Wellness Workshop is for you.

- Pre-registration is required
- For Seniors and Baby Boomers
- For more information, please call 757-578-5079
- Reference material will be provided.
- Masks are required. If you do not have a mask, one will be provided.



COVID-19 RESOURCE INFORMATION SITE

