



FREE

Health & Wellness Workshop



Thursday
September 29, 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

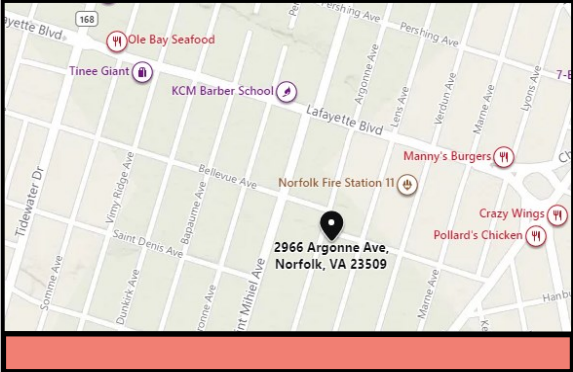
Take Control of Your Health

Do you want to...

- Learn about diabetes and eating healthy?
- Feel better and build-up your immune system?
- Get more out of life?
- Learn about Dementia and Alzheimer's disease?
- Learn about Mental Illness Disease?
- 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

