



# FREEDOM

Church of God in Christ



Pastor Anthony E. Daniels, Sr. and  
First Lady Angela M. Daniels

**Senior Resource Information Site**  
4th Tuesday of every month  
11:00 to 3:00

## COVID-19 Information

Get your Free Rapid Covid Tests  
delivered to your home by visiting ...  
<https://special.usps.com/testkits>

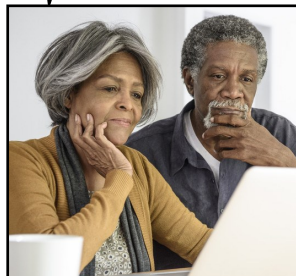
## Services

Sunday Prayer .....10:30 a.m.  
Sunday School .....11:00 a.m.  
Sunday Worship .....12:00 p.m.  
Wednesday Prayer & Bible Study  
"Life in the Word" ..... 7:00 p.m.

2966 Argonne Avenue  
Norfolk, 23509  
757-578-5079



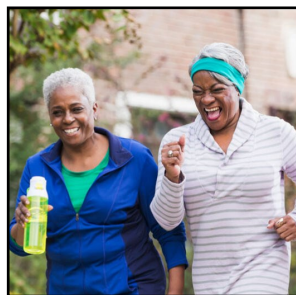
## Upcoming Workshops



**Cell Phone/Computer Workshop**  
In-person class and/or virtual class  
January 5, 12, 19, 26 / 10:30 to 12:30 PM

Understand the fundamental goals of communicating using  
"Zoom" conferencing and utilizing tools for connecting with  
people worldwide.

Zoom Meeting ID: 876 192 0430 Passcode: 54321  
Conference Call #: 309 205 3325



**Health & Wellness Workshop**  
In-person class and/or virtual class  
February 23, 2023 / 10:30 to 12:30 PM

Take Control of Your Health

- Learn about eating healthy.
- Feel better and build-up your immune system.
- Chair exercises.
- Understand the importance of vaccinations, boosters, and wearing a mask.



**Emergency Preparedness Workshop**  
In-person class  
Date: TBA

- Making an Emergency Plan
- Preparing for a Winter Storm Event
- Preparing your pets for disasters
- Testing Family Communication Plan
- Safeguarding Documents
- Making a Plan with Neighbors
- And much, much, more

- Visit us on the web for updated information at [www.freedomcogicnorfolk.org](http://www.freedomcogicnorfolk.org).
- Registration is appreciated.
- For Seniors and Baby Boomers.
- For more information, please call 757-578-5079.
- Reference material will be provided
- Masks are required.



\* Funding for this project was made possible by OT21-2103 from the Centers for Disease Control and Prevention (CDB), National Initiative to Address COVID-19 Health Disparities Among Populations at High-Risk and Underserved, Including Racial and Ethnic Minority Populations and Rural Communities awarded to Virginia Department of Health (VDH) Office of Health Equity (OHE), Virginia Initiative to Address COVID-19 Health Disparities Among Populations at High-Risk and Underserved.