



# SENIOR RESOURCE INFORMATION SITE

## Empowering Healthy Seniors

**OPEN TO SENIORS AND THEIR CAREGIVERS IN THE COMMUNITY**  
**4th Tuesday of every month 10:30 A.M. to 2:30 P.M.**

Resources, pamphlets, literature, and other information will be available from various agencies and organizations throughout Hampton Roads pertaining to services available to older adults and their households. For more information, please call 757-578-5079.



## **FREEDOM COGIC**

2966 Argonne Avenue, Norfolk, VA 23509

ARMS Ministry

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