



Gentlemen's Health

Come Join Gentlemen's Health!

Starting October 6, 2020 join us
Tuesdays 11:45 a.m. - 12:45 p.m.

We will have a virtual, low impact fitness class and a
gentleman's health-oriented educational
presentations.

All Are Welcome to Join!

Virtual Center for Active Adults

Fit & FAB
Flexible Active Balanced
ZOOM Platform

Meeting ID: 905 123 5932
Password: 3636

Direct Link: www.bit.ly/VCAAFitFAB



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

