

LADIES' HEALTH

Join us for social activities, fitness and educational presentations on health and wellness.

Everyone is welcome!

Thursdays 11:45a.m. - 12:45 p.m.



Virtual Center for Active Adults

Fit & FAB

Flexible Active Balanced

ZOOM Platform

Meeting ID: 905 123 5932

Password: 3636

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.

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