

Wellness Matters

Welcoming people with intellectual
& developmental disabilities

Wednesday, January 17, 1:00-2:00pm

- Westover Pool

Wednesday, February 21, 1:00-2:00pm

- Simms Center

Wednesday, March 20, 1:00-2:00pm

- Community Activities Center Gym

Wednesday, April 17, 1:00-2:00pm

- Ralph Sampson Park

Wednesday, May 15, 1:00-2:00pm

- Heritage Oaks Golf Course

This program is open to all adults, 18 and over, with intellectual and other developmental disabilities.

Call the Community Activities Center for more information 540-433-2474 or email Harriet.Flynn@HarrisonburgVA.Gov to register.



COMMUNITY ACTIVITY CENTER
305 S DOGWOOD DR,
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540-433-2474