

# Wellness Matters

Welcoming people with intellectual  
& developmental disabilities

**Wednesday, September 20, 1:00-2:00pm**

- Heritage Oaks Golf Course

**Wednesday, October 18, 1:00-2:00pm**

- Westover Disc Golf Course

**Wednesday, November 15, 1:00-2:00pm**

- Westover Pool

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](mailto:Harriet.Flynn@HarrisonburgVA.Gov) to register.



COMMUNITY ACTIVITY CENTER  
305 S DOGWOOD DR,  
HARRISONBURG VA 22801  
540-433-2474