



NATIONAL SENIOR HEALTH & FITNESS DAY



WEDNESDAY
MAY
30

9:30 a.m. – 1:30 p.m.

Strength can help you defy your age, improve your stamina for everyday activities, and help you do what you couldn't before. As well, understanding the aging process of your skin, eyes, teeth, hair can lead to increased quality of life.

Join Curves, Affiliated Dermatologists of Virginia, ProVision Eye Care, Virginia Family Dentistry, and Jonulfs Hair Salon and take charge of your health.

The Shoppes at CrossRidge, Glen Allen

