

Winter Wellness Week

January 11 - 15

Monday (1/11)

Vertigo Screenings

Hosted by Gentiva Home Health

9:30 a.m.-12:30 p.m.

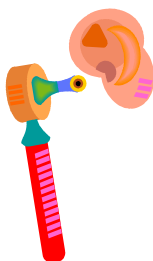


Tuesday (1/12)

Hearing Screenings

Hosted by Because I Care Hearing Aid Services

Time TBA



Wii Bowling

Hosted by Universal American

10:00 a.m. - 12:00 p.m.



Wednesday (1/13)

Blood Pressure Checks

9:00 a.m.

Verizon Wireless Cell Phone Training

9:00 a.m. - 11:00 a.m.



Thursday (1/14)

Chair Massages

11:00 a.m. - 2:00 p.m.



Cholesterol Screening

Hosted by Sentara

10:00 a.m. - 12:00 p.m.

Free admission to Senior Center wellness classes and special
Membership discounts. CALL 625-5857 for details

located within the Norfolk Fitness & Wellness Center 7300 Newport Ave