

FALL HEALTH AND WELLNESS WORKSHOPS



Matter of Balance

Every Wednesday, Sept 3-Oct 23, 1:00 p.m.-3:00 p.m.
Waynesboro Family YMCA. Call (540) 943-9622.

Every Tuesday, Sept 17-Nov 5, 9:30 a.m- 11:30 a.m.
Bridgewater Church of the Brethren
Call (540) 828-3711 (ask for Shannon).

Every Tuesday Sept 17-Nov 5 from 1:30 p.m.-3:30
p.m. - Plains District Community Center
Call (540) 896-2824.

Every Wednesday, Sept. 18-Nov. 6 - 2:30-4:40 p.m.
VMRC Detwiler Auditorium, Harrisonburg
Call (540) 574-3850.

**Program fee of \$25 is waived for participants age
60 and older who complete program paperwork.**

Chronic Pain Self-Management Program

Every Tuesday, Sept. 24-Nov. 5, 9:30 a.m.-Noon
SRMH Funkhouser Womens Center.
Call 1 (800) SENTARA

Diabetes Self-Management Workshop

Every Monday, Oct. 14-Nov. 18, 1:30-4:00 p.m.
VMRC Wellness Center, Harrisonburg
Call (540) 574-3850.