



The disAbility Resource Center

# Health & Wellness Program



**Date:** Every Tuesday  
**Time:** 10:30 —11:30 a.m.  
**Location:** disAbility Resource Center  
Conference Room



**Exercise class for people  
with disabilities, family  
members and personal  
attendants.**

**To Register, call:  
Tennie Gratz: 540-373-2559  
TTY: 540-373-5890**

**NO COST; however, donations  
are greatly appreciated.**

