

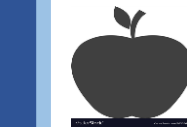


## Support more Physical Activity in your Community!



**GROUP BASED, IN  
PERSON STRENGTH  
TRAINING  
PROGRAM WITH  
OUT OF CLASS  
AEROBIC ACTIVITY**

**MEET 2X PER  
WEEK FOR 8  
WEEKS**



**CREATE A  
HEALTHY  
LIVING  
COMMUNITY**

**Join us for training!  
December 17  
9:30 Registration  
10-5 Training**

**Chalice Christina Church  
5612 Haden Road  
Virginia Beach, VA  
23455**

