



MONDAY
JUL 13

10 AM - 11 AM

Chesapeake Integrated
Behavioral Healthcare,
1013 Great Bridge Blvd.
Chesapeake, VA 23320

Chair Fitness with Valerie Mosby

Come join Chesapeake
local Valerie Mosby as she
teaches popular chair
fitness techniques that can
help you stay active,
happy, and healthy!

Sponsored By:

