



MONDAY

AUG 24

10:30AM - 11:30AM

**East Suffolk
Recreation Center
138 S. Sixth Street,
Suffolk, VA 23434**

Chair Fitness with Vanessa Golson

Vanessa is a visual artist whose art style is abstract and medium is acrylic. She has received awards, presented a solo art exhibit, and has an art piece on permanent collection at the Hampton Roads Convention Center. Vanessa also leads chair fitness programs, which feature fun, low impact movement to music while being seated.

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