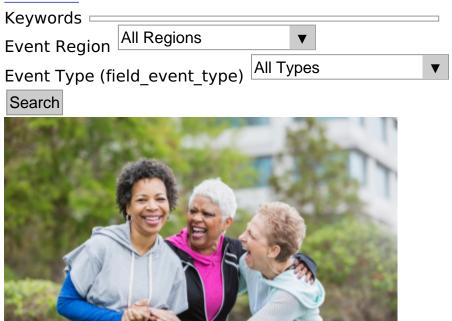
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May 21 Class

Move for Health (Onsite and Online)

Tuesday 5/21/2024 9:00 - 10:00am Charlottesville Area



May 21 Class - Workshop

Move for Health

Tuesday 5/21/2024 9:30 - 10:30am Charlottesville Area



May 21 Class - Workshop

Elder Law with Doris Gelbman

Tuesday 5/21/2024 10:00 - 11:30am Charlottesville Area



May 21 Webinar

Discover How an Aging Life Care Manager® Can Help

Tuesday 5/21/2024 12:00 - 1:00pm

Statewide

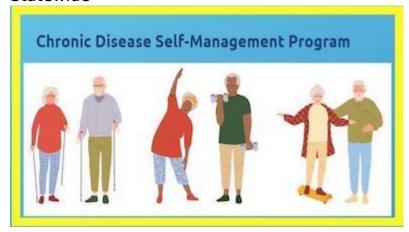


May 21

Webinar

<u>Discover How an Aging Life Care Manager Can</u> <u>Help</u>

Tuesday 5/21/2024 12:00 - 1:00pm Statewide



May

21

<u>Chronic Disease Self Management Program ~</u> VIRTUAL

Tuesday 5/21/2024 1:30 - 4:00pm

Tidewater/Chesapeake



May 21 Support group

Parkinson's Support Groups, Lynchburg

Tuesday 5/21/2024 2:00pm Lynchburg Area



May 21

Non-Surgical Solutions, Third Tuesday

Tuesday 5/21/2024

4:00 - 5:00pm

Charlottesville Area



May

21

Support group

Caregiver Support Group

Tuesday 5/21/2024

6:00 - 7:00pm

Peninsula



May

21

Class

Yoga for Caregivers

Tuesday 5/21/2024 6:30 - 7:30pm Harrisonburg/Staunton/Lexington



May 21 Class - Workshop

Families Anonymous

Tuesday 5/21/2024 6:45 - 8:00pm Charlottesville Area



May 22 Support group

Drop-In Bereavement Support Groups, 4th Wednesday

Wednesday 5/22/2024 9:00 - 10:00am Charlottesville Area

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