

# Chair/ Rehabilitative Aerobics

**Are you looking for a way to be more active but have limited mobility?**

Wednesdays 10:00—11:00am

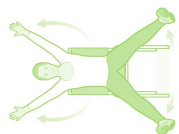
Classes structured to accommodate older participants  
or those with limited motion

**FREE!!**

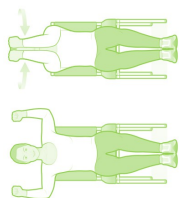
**All Equipment provided**

**No Registration necessary, just show up**

More info call church office 804-740-7128



Welborne United Methodist Church  
920 Maybeury Dr, RVA 23229



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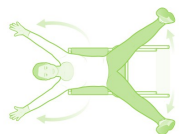
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