

NNRHA Family Investment Center

Day of Healthy Heart for Women's Awareness

Love Yourself...Love Your Health

- Sister to Sister
 - One Life Fitness
 - Peninsula Health District
 - VA Co-Op Extension
- Services
- Riverside
 - PICH
 - ZUMBA - Tyshawna Spell
 - Family Redirection
 - Second Chances Youth Services
 - NNRHA Community Health Workers



Ridley Recreation Center
618 18th Street
Newport News, VA 23607

February 26, 2013
2:00 pm—3:30 pm

Zumba



FREE Door Prizes

FREE Give Aways

FREE Refreshments

Transportation Pick Up

North End Communities

Pick Up

Cypress Terrace

1:00 p.m.

Aqueduct

1:15 p.m.

Oyster Point

1:25 p.m.

Brighton

1:35 p.m.

Pinecroft

1:30 p.m.

Southeast Communities

Pick Up

Marshall Courts

1:15 p.m.

Orcutt Townhomes

1:20 p.m.

Ashe Manor

1:30 p.m.

Lassiter Courts

1:40 p.m.

Spratley House

1:45 p.m.

If you need transportation, please call the Family Investment Center at (757) 928-3680 by Monday, February 25, 2013.

