

# STAYING STRONG AT STONEBRIDGE

AN ACTIVE AGING WEEK CELEBRATION

TUESDAY, OCT. 1 | 11AM-1PM  
STONEBRIDGE REC CENTER  
230 KARL LINN DRIVE  
N. CHESTERFIELD, 23225

- Senior Resources
- Refreshments
- Entertainment
- Blood pressure screenings
- Fitness activities
- Chair Volleyball

Flu shots  
provided! Bring  
insurance card!



Register for a free 15-minute CarFit appointment to ensure your car and driving safety by calling 804-768-7885.



804-717-6592 | [agingresources@chesterfield.gov](mailto:agingresources@chesterfield.gov)