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May 10 Support group

Aging in Place

Friday 5/10/2024 9:00 - 10:30am Harrisonburg/Staunton/Lexington



May 10 Class - Workshop

Dealing with Dementia, Montgomery County

Friday 5/10/2024 9:00am - 2:00pm New River Valley



May 11 Community event

LGBT+ History of Charlottesville

Saturday 5/11/2024 11:00am - 12:30pm Charlottesville Area



May 13 Class - Workshop

Dealing with Dementia, Floyd County

Monday 5/13/2024 9:00am - 2:00pm New River Valley



May 14 Class - Workshop

How-to's of Medical Cannabis

Tuesday 5/14/2024 1:00 - 2:30pm Charlottesville Area



May 14 Class - Workshop

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

Tuesday 5/14/2024 1:30 - 4:00pm

Tidewater/Chesapeake



May 14 Class

Good Start Parkinson's Educational Program

Tuesday 5/14/2024 5:30 - 7:00pm Richmond Area



May 14 Support group

Free Virtual Richmond Brain Tumor Support Group

Tuesday 5/14/2024 6:30 - 8:00pm

Statewide



May 14 Class

Yoga for Caregivers

Tuesday 5/14/2024 6:30 - 7:30pm Harrisonburg/Staunton/Lexington



May 14 Class - Workshop

Families Anonymous

Tuesday 5/14/2024 6:45 - 8:00pm

Charlottesville Area



May 15 Health Fair

Rockingham-Harrisonburg TRIAD Senior Fair

Wednesday 5/15/2024

8:30am - 12:30pm

Harrisonburg/Staunton/Lexington



May

15

Class

A Matter of Balance

Wednesday 5/15/2024 9:00 - 11:00am Roanoke Valley

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