



# Gentlemen's Health

## Come Join Gentlemen's Health!

Starting October 6, 2020 join us  
Tuesdays 11:45 a.m. - 12:45 p.m.

We will have a virtual, low impact fitness class and a  
gentleman's health-oriented educational  
presentations.

All Are Welcome to Join!

### Virtual Center for Active Adults

**Fit & FAB**  
Flexible Active Balanced  
**ZOOM Platform**

Meeting ID: 905 123 5932  
Password: 3636

Direct Link: [www.bit.ly/VCAAFitFAB](http://www.bit.ly/VCAAFitFAB)



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For more information, call 703-324-4600, TTY 711.

