



If you are a person with a disability and require any assistive devices, services or other accommodations to participate in any Portsmouth Extension activity, please call the Portsmouth Extension Office at (757) 393-5197 between 8:00 a.m. and 5:00 p.m. at least 2 weeks prior to the event.

L.I.F.T. is an 8-week, in-person group-based strength-training program that promotes balance and flexibility with the goal of improving functional fitness and independent living in older adults! **The program will be held twice weekly, on Tues. and Thurs. -9:30am-10:30am. Location: Portsmouth Sportsplex, 1801 Portsmouth Blvd. 23704. Will start August 10th- September 30th. You will need call to schedule and attend an individual assessment prior to program on these dates: 08/3 thru 08/06**

- Promotes fruit and vegetable consumption.
- Promotes health and well being

Zoom sessions will take place weekly if needed for make-up classes. Sign Up TODAY! Contact:

Name: Crystal Barber, MNS, RDN

Email: cvbarber@vt.edu

Phone: 757-295-1406

Registration ends: 8/3/2021



There is a **minimal registration** fee of **\$15.00** (\$10 to cover educational materials, certificate & nutritious snacks + \$5 (facility use for non-members.)

I can. I will.

I must.



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