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## **[Staying Healthy with Spectrum Physical Therapy](#)**

Date and Time

Monthly on the third Tuesday at 10:00am for 10 times

Event URL

[The Center](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

RSVP Info

434-974-7756

Event Cost

\$0.00

Event Description

Staying Healthy. Free and open to the community. This event is offered monthly. SpectrumPhysical Therapy provides an overview on various subjects relative to exercise, therapy and more. Call for monthly topic. Free and open to the community. Call 434-974-7756 for more information.