

**Published on *SeniorNavigator* (<https://seniornavigator.org>)**

## **Senior's Chair Exercise & Fall Prevention Initiative**

Date and Time

Monday 3/3/2025 10:00 to 11:00am

Event Region

Richmond Area

Event Type

Class - Workshop

RSVP Info

Call 804-557-5287 or email [Chickahominytriadpresident@gmail.com](mailto:Chickahominytriadpresident@gmail.com)

Event Cost

\$0.00

Event Description

### **Chickahominy Area Triad ~ 8 Week Chair Exercise & Fall Prevention Program**

The Chickahominy Area Triad's senior's chair exercise and fall prevention program begins on Monday, March 3, 2025 and will run weekly through Monday, April 21, 2025. The fitness program will be held at the Quinton Community Center, 3041 New Kent Highway, Quinton, Virginia 23141. The one (1) hour classes will began at 10:00am. There are no charges or fees to attend this program effort.

### **Collaborative Effort**

This is a Chickahominy Area Triad, New Kent County Parks and Recreation, and The SPAN Center collaboration effort. Attendance is open to the public, with the chair exercises and fall prevention activities being senior focused. The success of this 8-week initiative will determine if similar wellness programs will be offered in the future.

### **Registration**

To register for this exercise program (registration ends on February 28, 2025)

If you have questions regarding this exercise program you should be contact the Triad by calling (804) 557-5287 (monitored line -- leave message) or sending an email to [Chickahominytriadpresident@gmail.com](mailto:Chickahominytriadpresident@gmail.com)

Event Image or Sponsor Logo

Image

