

# HEALTH PROMOTION DISEASE PREVENTION TALKS

## WHEN

February 8 - 10, 2023 @ 1PM  
February 11, 2023 @ 12Noon

## WHERE

**Sts. Peter & Paul Church**

4309 Thomas Jefferson Parkway  
Palmyra, VA 22963

FEATURING SPEAKERS FROM • **Blue Ridge Health District** •  
**Orme Fitness** • **Sentara Caregiver Center** • **Pivot PT** •  
**Ivy Fitness** • and more •



[WWW.SAINTSPETERPAULPALMYRA.ORG](http://WWW.SAINTSPETERPAULPALMYRA.ORG)

**4-DAY EVENT**  
**COME FOR AS  
MANY TOPICS AS  
YOU LIKE**

**FREE BP CHECKS**  
**EACH DAY STARTING AT**  
**12:30PM** (EXCEPT SAT.)

## **FEB 8TH**

1PM - Blue Ridge Health  
District

Linda Glover

1:30PM - Orme Fitness  
Janelle Holden

## **FEB 9TH**

1PM - Sentara Caregiver  
Center

Katy Kreienbaum

1:30PM - Pivot PT  
Ryan McKinney

## **FEB 10TH**

1PM - Ivy Fitness

Sarah Kidd

1:30PM - CPR Instructor  
Ms. Tomanak

## **FEB 11TH**

10AM - Mass (Our Lady of  
Lourdes) w/ anointing

11AM - Brunch

12PM - Dr. Tiffany Jen

Family Medicine

12:30PM - Dr. Zachariah Nealy  
Cardiology