



VIRGINIA BEACH
PARKS & RECREATION

YOU CAN AFFORD TO BE FIT

NO MATTER YOUR AGE - OR BUDGET - YOU CAN AFFORD TO BE FIT!

Virginia Beach Parks & Recreation has affordable recreation center membership options to help keep you active, healthy, and social. Senior rates are available for those age 65+. We also participate with Silver Sneakers and Silver & Fit, offering no-cost and discounted memberships for those who are eligible through their Medicare, Medicaid, or *other included health plans.

Recreation center memberships provide amazing opportunities for both physical fitness and social enjoyment. Through programs like Forever Young, local seniors find a sense of community and support while being active, going on special excursions, and making lifelong, meaningful connections!

VBGOV.COM/SENIORFITNESS

*Check with your insurance provider to see if you're eligible for free membership.



Brain Balance™
ACHIEVEMENT CENTERS



Reading Struggles?

We can uncover why.

State-of-the-Art Reading Screening

We'll test for immature eye movements that make reading harder.

1 Day Only = \$25

Thursday, November 21

VERY limited availability.

Call Today!

Brain Balance Virginia Beach
757- 644 - 6460 · BrainBalance.com

Donate Now
Change a Life



Giving to Eggleston means giving adults with disabilities the chance to lead fulfilling lives, have careers, gain support they need, and maintain independence.

Eggleston is a local nonprofit that has served thousands of individuals and families across the Hampton Roads community for 65 years.

Get Involved and Support your Community Today:

- Volunteer your time and talent
- Give a monetary Gift to Eggleston's Annual Fund or Foundation
- Donate to our car donation program
- Declutter and donate your unwanted household goods to Eggleston's partner Best Thrift

eggleston

For more information on how to support the work we do locally call **757-453-4435**, visit egglestonservices.org/support-eggleston or contact Danielle Cronin-Nance at dnance@egglestonservices.org



More than a hospital.

CHKD is Virginia's only free-standing children's hospital, serving the families of Southeastern Virginia, the Eastern Shore, and Northeastern North Carolina. CHKD employs an extensive complement of pediatric medical specialists and support staff to help our region's children at our main hospital in Norfolk, along with more than 40 health centers and primary care locations throughout the community.

CHKD is committed to providing our employees a comprehensive and competitive benefits program, including, but not limited to:

- Great medical and wellness benefits
- 401(k) with employer matching
- Tuition reimbursement
- Paid time off

Current Opportunities:

- Respiratory
- General Care
- Surgical
- Transport
- Emergency Department
- Urgent Care

To view all open positions, and submit your application, visit:

CHKD.org/Careers

 **Children's Hospital of The King's Daughters Health System**