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## **Health & Wellness Exercise**

Date and Time

Weekly on Wednesday at 9:30am until Thursday 12/21/2017

Event URL

<http://www.cildrc.org>

Event Region

Fredericksburg Area

Event Type

Class

RSVP Info

[tgratz@cildrc.org](mailto:tgratz@cildrc.org)

Event Cost

\$0.00

Event Description

The disABILITY Resource Center (dRC) offers a health and exercise program every Tuesday at the dRC office from 10:30am until Noon. Contact Tennie Gratz at [tgratz@cildrc.org](mailto:tgratz@cildrc.org) or call 540-373-2559

Event Image or Sponsor Logo

Image

