



LIFELONG IMPROVEMENTS THROUGH FITNESS TOGETHER PROGRAM AVAILABLE NOW

- LIFT is an in-person, group-based strength training program that lasts 8 weeks.
- Participants meet 2x/ week for 1-hour sessions.
- The classes help improve your strength and mobility, learn healthy food options, and most importantly help form a community.



OUR GOALS



Community
Connection



Physical
Activity



Fruit/Vegetable
Consumption

ALL AVAILABLE AT
www.parcilab.org/lift

**Virginia
Cooperative
Extension**