



CAPITAL AREA
HEALTH NETWORK

Capital Area Health Network

and its partners is celebrating

National Women's Health & Fitness Day!

Jefferson Davis Flea Market

5700 Rt 1, RVA 23234

Wednesday, September 30, 2026

10am - 2pm



Healthy

Aging

is one of your superpowers.

Come celebrate with us and our community partners!

Receive information on **ALL THINGS** women's health & fitness!

Be empowered and inspired on your health journey!



Fitness
Demonstrations

Cancer Health

Dental Health

Mental Health

Community Resources

Health Insurance Assistance

Harm Reduction



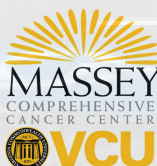
United
Healthcare
Community Plan

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Chesterfield
Health District

Humana



Lay
Health
Promoters
Love. Helping. People.



CHESTERFIELD
MENTAL HEALTH
SUPPORT
SERVICES

