



# THE ABILITY CENTER OF VIRGINIA MOVE AND GROOVE WITH TANECIA NEWMAN

## JANUARY 7, 2022 FROM 11:00 AM EST

Do you love to dance?

NewMan Fitness Foundation is a nonprofit 501(c)(3) organization providing advocacy, community outreach, education, and resources for individuals impacted by health gaps caused by differences such as income, education, race and ethnicity, and location. Our Goal: Encourage. Inspire. Empower. individuals to achieve behavioral, emotional, mental, and physical health through movement including group dance classes.

See you there!

