

UPCOMING EVENTS

VILLAGE NEIGHBORS

OF CHINCOTEAGUE ISLAND



8/25

TUE
2:00PM

FALL PREVENTION

TidalHealth will assess your strength, balance and daily routines. Receive personalized exercises, training on safe movement, guidance on assistive devices and tips to make your home safer.



9/2

WED
3:30PM

CAN YOU TRUST THAT EMAIL?

This interactive session uses real examples to share five reliable ways to spot phishing emails and give attendees hands-on practice reviewing their own messages to distinguish legitimate communication from scams.



9/22

TUE
3:00PM

MEDICARE PLANNING

Know what you're choosing—Medicare options are not all created equal. Learn about your full range of plans so you can make the best decision for your needs.

LIVE SAFELY. LIVE CONFIDENTLY

All sessions are **FREE** and **Open to the public**.

Held at the Island Community House, 6246 Mumford Street.

Contact Village Neighbors to RSVP or with any questions.



757-349-9969
VILLAGE-NEIGHBORS.ORG