

NEWS RELEASE

FOR IMMEDIATE RELEASE

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Upcoming Parks and Recreation Activities for Children & Adults

SUFFOLK (August 26, 2009): Suffolk Parks and Recreation will be hosting several activities for children and adults in the coming weeks:

Alphabet Buddies

Does your child like story time and crafts? If so, join Suffolk Parks and Recreation each Tuesday in September and the first Tuesday in October from 10:00 a.m. until 11:00 a.m. at the East Suffolk Recreation Center in your pajamas for story time with a special letter of the alphabet each week. This program is free and for children 2-4 years of age. A parent, guardian or caregiver must accompany any child that participates. The East Suffolk Recreation Center is located at 138 Sixth Street, Suffolk, Virginia, 23434. For more information, please call 757-514-4502 or email sbailey@city.suffolk.va.us.

Preschool Play Date

Would you like to meet other moms or caregivers of preschoolers? If so, bring your child to the East Suffolk Recreation Center the last three Wednesdays in September, each Wednesday in October and the first three Wednesdays in November from 9:30 a.m. until 11:30 a.m. for socialization and fun. There is a fee of \$1.00 per child per day and is for children 1-4 years of age. A parent, guardian, or caregiver must accompany and supervise the child or children at all times. The East Suffolk Recreation Center is located at 138 Sixth Street, Suffolk, Virginia, 23434. For more information, please call 757-514-4502 or email sbailey@city.suffolk.va.us.

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Adult Nutrition Classes

Eat better and feel better with Suffolk Parks and Recreation! Acquire the knowledge, skills and attitude to change your eating habits for a healthier lifestyle. Adult nutrition classes will be held at East Suffolk Recreation Center on Thursdays September 3, September 17, October 1, October 15, October 29 and November 12. This series of classes are free to attend but are for ages 18 to 55. The East Suffolk Recreation Center is located at 138 Sixth Street, Suffolk, Virginia, 23434. For more information, please call 757-514-4502 or email sbailey@city.suffolk.va.us.

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