

Letter of Training Completion

Blue Ridge Community Service
301 Elm Avenue SW
Roanoke, VA 24016

Gracie Wiseman

Has completed, in its entirety, the following training sponsored by
Blue Ridge Community Service :

Exercise: The Impact on Health, Wellness & Recovery
and has earned **1 training credits.**

Instructor: Tami Pebsworth

Approval: Therapeutic Lifestyle Changes

Blue Ridge Behavioral Healthcare (BRBH) is the Community Services Board serving residents of the Cities of Roanoke and Salem, and the Counties of Botetourt, Craig, and Roanoke. We are one of forty Community Services Boards established under the Code of Virginia to provide services for individuals who have mental health disorders, developmental disability, or substance use disorders. This learning activity is approved for 1 hour of continuing education.

Completed June 19, 2023