

LARKSPUR

- CIVIC LEAGUE -

April 2026

A Message from Civic League President Lindsay Johnson



Spring is starting to show its colors around the neighborhood, and it's hard not to smile seeing the daffodils beginning to bloom. With warmer weather on the way, it's a great time to reconnect as a community and enjoy all that our neighborhood has to offer.

Please join us for our next Civic League Meeting on April 23rd at 6:00 PM at the clubhouse. We'll be hearing from Critter Control, who will share helpful tips on how to keep our yards clear of nuisance wildlife.

It's also time to start cleaning out those closets and garages! Our Community Yard Sale will be on April 26th, so set aside those items you no longer need, and plan to participate. We will help with getting signage up so help us plan accordingly by [signing up here!](#)

And as the weather warms up, don't forget about the wonderful asset we have right in our neighborhood—our pool! Memberships are a great way to enjoy the summer, meet neighbors, and strengthen the sense of community that makes this neighborhood such a special place to live. Stop by their Open House on May 9th between 12-3pm to see what they have to offer. You can also find more information at www.larkspurswim.com

We hope to see you at the meeting and around the neighborhood this spring!

Lindsay Johnson

Civic League President

(757) 582-3705

ericlindsayjohnson@gmail.com

The LSRC 2026 Silent Auction!

Yes, it's that time of year again, and the LSRC needs your help as it prepares for its annual Silent Auction! As most of you know, this is a fun and lucrative fundraising event that helps the club offset the cost of lifeguard salaries, unexpected repairs or maintenance costs, community events, and the upkeep of the club..

Please consider donations of money, gift cards, services or goods that the club can auction! Have an idea for a themed basket? Let us know! Even a modest donation can make a significant impact. Your generosity will not only provide much-needed financial assistance to the club, but will also serve as a way to build community.

The auction will feature an impressive array of items to suit a diverse range of tastes and interests. In past years, auction baskets have included items ranging from one-week beach house rentals in Sandbridge, to skate time at local rinks, to dance lessons at local studios, to menu items from local restaurants. In addition, many baskets offered a selection of beautiful and unique homemade/handcrafted offerings from our members. There is truly something for everyone!

This year, the silent auction will be in-person only, and will take place over the Fourth of July Weekend (July 3rd-5th) in the LSRC clubhouse. The auction will be open from 12:00 p.m.- 7:00 p.m. each day, and is open to the public.

Have an idea, item or basket to donate to the auction? Want to help out in other ways, but not sure exactly how? Just drop a note to kabedinger@gmail.com or ericlindsayjohnson@gmail.com and we can talk!

Auction basket ideas ➡

- | | |
|---------------------|-------------------------|
| • Summer Fun | • Birdwatching |
| • Movie Night In | • Workout |
| • Movie Night Out | • Social Distancing |
| • Redecorating | • Survival Kits |
| • Sand and sun | • Date Night |
| • Sports | • Wine and Dine |
| • Gardening | • Tea Time |
| • Dining out | • Chocolate Celebration |
| • Baking | • Craft Beer |
| • Barbeque | • Pets |
| • Puzzles and Games | • Camping and S'mores |



LARKSPUR
- SWIM & RACQUET -

SILENT AUCTION



**JULY 3RD-5TH,
2026**

Open Daily 12-7pm

Larkspur Swim and Racquet Club

**OPEN TO
THE
PUBLIC**

Do you have donations? Want to help plan the auction?

Reach out to Kim Bedinger

757-646-3538

Scholarships for Kempsville Meadows Elementary School Alumni!



Do you have a graduating senior who attended KMES? If so, he or she may be eligible to apply for two KMES alumni-only scholarships! Both scholarships are \$500 awards to be granted to a graduating senior of a Virginia Beach Public High School (including the Vocational Technical Center) who has a minimum overall GPA of 3.0 and who attended Kempsville Meadows Elementary School for at least two years.

For more information on how to apply for these scholarships, click on the links below! The deadline for applying to both scholarships is May 1st, 2026, though, so don't wait!

[The Kempsville Meadows Elementary School \(KMES\) PTA Scholarship](#)

[The Kempsville Meadows Elementary School Janice Capps Memorial Foundation Scholarship](#)

The Larkspur Civic League Community Yard Sale

Got Stuff? We've Got a Yard Sale for That!

Is your garage starting to look like a museum of questionable life choices? Are there exercise gadgets you swore you'd use, mysterious cords that connect to absolutely nothing, and at least one bread maker that has never produced even a single loaf of bread? If so, it might be time to spring clean your heart out (and your closets too) at the upcoming Larkspur Civic League Community Yard Sale!

Participating could not be easier. On the morning of April 26, simply place the items you'd like to sell in your garage or driveway by 8:00 a.m. That's it. No packing up the car. No hauling boxes to the clubhouse. No wrestling with folding tables in the dark. Just walk outside with your coffee, grab the pile of stuff you've been meaning to get rid of since 2014, and set it out in the driveway. Done.

Meanwhile, the Civic League will handle the rest: obtaining the city permit, advertising the sale online, and planting signs along the main roads that morning to lure bargain hunters directly into Larkspur.

This is a fantastic way to declutter, meet neighbors, and send your gently used treasures off to their exciting second lives. So bring your gently used treasures (and maybe even that thing you bought at 2:00 a.m. during a hazy moment of online optimism the other day) to your front yard on April 26th and join in on the fun! The more people who participate, the more successful this venture will be; happy decluttering!

Click [here](#) to sign up!



LARKSPUR
- CIVIC LEAGUE -

✦ **YARD** ✦

✦ **SALE** ✦

Saturday
April 26 | 8 AM - 12 PM

✦ All of Larkspur! Anyone can join us! ✦

Sign up at larkspurcivicleague.org





BUYING OR SELLING *a home?*

I want to make buying or selling a home as stress-LESS as possible. With over 23 years of experience, I will work hard to win your business and trust. As a local Larkspur Resident for over 22 years, I would be honored to help.

Excited to work with you.



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LOOKING FOR PROPERTY MANAGER? I AM HERE TO HELP



Treasurer's Report

Spring is finally here!! We all made it through a really cold winter and now if you look around, all of the flowers are starting to bloom in Larkspur! It's just one of the reasons why living in Larkspur is so wonderful!! People are out walking, grass is turning green and we are looking for an amazing summer this year. Why not join the Larkspur Civic League or the Larkspur Swim and Racquet Club this year? You can come meet your neighbors and make some new friends. The Larkspur Community Yard Sale is coming in April, and the Open House at the Larkspur Swim and Racquet will be here in May! Let's all get ready for a great summer!!

For all of you who have paid your dues, Thank You!! For those who would like to do so now, click [here](#) or send a check for \$25.00 to Jody Korman, Larkspur Civic League, 704 Southleaf Dr., Va Beach, VA 23462. To join the pool (or to buy a pool membership for a friend), click [here](#).

As of March 10th our checking account balance is \$13,143.69 and our CD is now worth \$5,882.09.

Respectfully submitted,

Jody Korman
Treasurer

Interested in serving on the Larkspur Civic League Board of Trustees?

Serving on the Larkspur Civic League Board of Trustees is a wonderful way to support our community and get to know your neighbors. As we head into the new year, several current board members—many of whom have generously served beyond their appointed terms—are ready to pass the torch and make room for new voices and fresh ideas.

This transition opens up a number of opportunities for new faces to get on board right away; open positions include President, Secretary, Membership Chair, newsletter writer, and website manager. If you've ever considered lending a hand (or trying something new) in your neighborhood, now is a great time—whether you're able to take on a role yourself or simply want to learn more about what's needed. Interested? Email larkspurvirginia@gmail.com to find out more, and find out where you might fit in!

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-- NEW PATIENTS ONLY --

Join Us!

Hello Larkspur Civic League Members!

As of March 7, we have 121 Civic League memberships out of approximately 700 homes in our neighborhood. That means there are still lots of neighbors we haven't met yet—and we'd love to change that!

Our goal is simple: make sure every household in Larkspur knows about the Civic League and feels welcome to be part of it. The Civic League helps bring neighbors together, supports fun community events, and serves as a voice for our neighborhood on issues that matter to all of us.

If you're already a member—thank you! Please help us spread the word by mentioning the Civic League to a neighbor, friend, or new family on your street. A quick conversation over the mailbox or while walking the dog can go a long way.

And if you're not yet a member, we would truly love to have you join us. The Civic League is simply neighbors working together to keep Larkspur a friendly, connected place to live.

Click [here](#) to join or pay your dues!

Warmly,

**Eric Johnson
Membership Chair
larkspurcivicleague@gmail.com**

Prior Accomplishments of the Larkspur Civic League

- Prevented the use of Edwin Drive as a feeder to an onramp to I-264.
- Prevented the extension of Hoylake Rd. to Baxter Rd.
- Halted the construction of the Department of Human Services on Independence Blvd.
- Halted the sale and redevelopment of Kempsville Greens Municipal Golf Course.
- Successfully pressured the City of Virginia Beach to clear, repair and improve neglected drains along the Dominion Power Right of Way after repeated floodings.

LARKSPUR

- SWIM & RACQUET -

Pool season is almost here! After a long winter of freezing temperatures and gray skies, the wait is nearly over! Before you know it, the sounds of splashing, laughter, and cannonball dives will once again fill the air.

To kick things off, everyone is invited to the LSRC Open House on May 9th from 12:00 p.m.–3:00 p.m. It's a great chance to stop by, reconnect with neighbors, explore membership options, meet the Larkspur Lasers coaches, and just check things out as we prepare for the summer ahead. The Larkspur Garden Club will also be on hand with plants and baked goods for sale!

Did you receive a post card in the mail inviting you to come check out the pool? If so, don't forget to bring it along so you can grab your complimentary pool pass while you're there!



LSRC Pool Schedule

As in past years, the LSRC pool will be open on weekends only until school is out on June 15th. The pool opening schedule is as follows:

May 23rd - June 15th

Saturday and Sunday
12:00 p.m.-7:00 p.m.

★ The pool will also be open on Memorial Day (Monday, May 25th), from 12:00 p.m.-7:00 p.m.

June 15th- Labor Day Weekend

Monday-Thursday
12:00 p.m.-6:00 p.m.

Friday-Sunday
12:00 p.m.-8:00 p.m.

LARKSPUR

- SWIM & RACQUET -

UPCOMING EVENTS

MAY

May 9
May 23
May 25
May 30-31

Open House- 12-3pm
Opening Weekend
Memorial Day Picnic @ 12:00- burgers/hot dogs provided. Bring a side to share!
Pool open- 12-8pm

JUNE

June 6-7
June 13-14
June 15
June 21

Pool Open- 12-8pm
Pool Open- 12-8pm
Pool Opens full time
Taco Bar Night 5-7pm

JULY

July 3-5
July 4
July 12
July 19
July 26

Silent Auction- closes at 3pm on July 5th
Bike Parade- 11am; Picnic- 12:30pm
Pizza Night- 5-7pm
Ice Cream Sundaes- 2-3pm
Lasers Banquet- 6pm; Pool closes at 5 to members

AUG

Aug 2
Aug 16
Aug 24
Aug 29-30

Poolside Bingo
Annual Member Meeting 3pm
Pool changes to weekends only
Pool Open- 12-7pm

SEPT

Sept 5-6
Sept 7

Pool Open 12-7pm
Last pool day; Labor Day Picnic 12pm- burgers/hot dogs provided. Bring a side/dessert to share!

www.larkspurswim.com

*swim team dates are not included as of 3/10

Lifeguards and Future Lifeguards Take Note!!

Are you currently an ARC Certified Lifeguard looking for a summer job? Or perhaps your certification has lapsed and you're looking to recertify? Or maybe you're an aspiring lifeguard anxious to get your start on the pool deck? If any of these descriptions sound like you, the LSRC can help! Not only are we actively hiring for lifeguards, but we are also hosting blended learning ARC certification and re-certification courses right here at the LSRC. Please read on for more information!



LARKSPUR
- SWIM & RACQUET -

Looking for lifeguards for a community pool

Must be 15yrs old
Must have First Aid and Lifeguard certificate
Interviews will be in the spring
Starting pay- \$12.77/hr



Apply at: www.larkspurswim.com/jobs

More questions?

Email Info@larkspurswim.com



LARKSPUR
- SWIM & RACQUET -

Lifeguard Certification Courses

Are you looking to get a job as a lifeguard for the summer? We can get you certified! This is a blended learning class so you will have some videos to watch on your own prior to class. You do have to pass an eligibility swim. Classes will be held in Virginia Beach. Class dates will be: April 18, 19, 24, 25, May 9, 10. Cost will be \$300

Dates:
 Eligibility Swim- 3/28 at 11:00am- Must be able to do a 300 swim without stopping, 2 minute tread, brick retrieval
 Saturday classes (4/18, 4/24, 5/9) will be 1pm-6pm and Sunday classes (4/19, 4/25, 5/10) will be 10am-3pm

Recertification? Yes!
 Price: \$130
 Eligibility: 3/28 11:00am
 Test: 5/9
 Blended Learning done on your own time






Fill this form out!



Virginia Beach Location:
732 Edwin Drive, Virginia Beach, VA 23462

WWW.LARKSPURSWIM.COM

LARKSPUR GARDEN CLUB

PLANT SALE & BAKE SALE



Saturday, May 9
 10 AM – 3 PM

Larkspur Swim & Racquet Club
 732 Edwin Drive

CASH ONLY



Learn to Swim at the LSRC this Summer!



Hi! My name is Julia Meneses, and I'm a rising junior at Virginia Tech studying Studio Art and Digital Marketing. I've been a Lifeguard for four years and a Water Safety Instructor for three, and swimming has been a big part of my life for a long time. I've been a member of the Larkspur community for many years as both a competitive swimmer and a Lifeguard.

I love helping swimmers build confidence in the water and improve their skills, all while making the pool a safe, positive, and fun place for everyone. I'm excited to be teaching swim lessons with Larkspur this summer and can't wait to meet all of my swimmers!

LARKSPUR
- SWIM & RACQUET -

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LARKSPUR

- SWIM & RACQUET -

Youth Tennis Lessons at Larkspur

Tennis lessons are back at the Larkspur Tennis Courts, with weekly group lessons held on Saturday mornings from April through November (weather permitting). Our fantastic coach, Steve Cutchin, does a wonderful job tailoring lessons to each age group and making the game fun while building strong skills. Several of our young players have even gone on to play on their high school tennis teams!

Lessons begin April 18, 2026 and are offered in the following groups:

9:30 – 10:00 AM

Beginners, Ages 6–9

6 half-hour lessons — \$60

(Package expires after 18 weeks)

10:00 – 11:00 AM

Ages 9–12 (some experience)

6 one-hour lessons — \$120

11:00 AM – 12:00 PM

Experienced players, Ages 12–16

6 one-hour lessons — \$12

In addition to group lessons, private lessons for youth and adults with Coach Steve can also be arranged.

Tennis Camps

Spring Break Tennis Camp

April 6–8 from 2:30 p.m.–4:30 p.m.

Ages 7–16

Summer Camps

Ages 6–9

June 15–19

Ages 10–16

July 13–17

Families who are unsure which lesson group is best for their child are encouraged to reach out to Tennis Rep Kindra at 2boymamadoc@gmail.com. You can also visit the LSRC website [here](#) for more information.





The Larkspur Lasers

As the days get longer and the first signs of spring start appearing around the neighborhood, the Larkspur Lasers coaches, swimmers, volunteers, and families are already getting excited for another great season of camaraderie, sportsmanship, and fun in the sun for the summer of 2026! (And of course, they're also looking forward to defending their Marlin Division Championship title—which they've proudly held for the past six years!)

Registration for returning families opens April 27, with registration opening to the public on May 4. As always, Larkspur Swim & Racquet Club (LSRC) members receive priority registration, and team spots tend to fill quickly—so now is a great time to consider joining the club and getting ready for a fun-filled summer at the pool. Click [here](#) to register!

Families interested in joining the team are encouraged to attend our Open House on May 9th to learn more about the program and the registration process.

In the meantime, stay connected by following the Larkspur Lasers on Facebook and Instagram, or by visiting our website for updates. You can also email lasersrep@larkspurswim.com to be added to our email list.

We can't wait to welcome returning families and new swimmers alike back to the pool deck to kick off another exciting summer together!



Want to find out more about the Larkspur Lasers? Check out the team website [here](#)!

Larkspur Garden Club News!

Members of the Larkspur Garden Club recently attended the Empty Bowls Charity Dinner, an annual event that raises funds to help fight hunger in South Hampton Roads. Guests selected a beautiful hand-crafted bowl and enjoyed a simple soup meal together, with all proceeds supporting local hunger relief efforts.

In addition, Garden Club Members also attended the February 11, 2026 general meeting held at the Meyera E. Oberndorf Central Library. The program featured Matthew R. Chappell, PhD, Director of the Tidewater AREC in Suffolk, who gave an engaging presentation titled "Do You Really Know the Story About Cotton and Peanuts?" Other recent events in which members participated included the Council of Garden Clubs Virginia Beach Spring Fundraiser, and the Virginia Aquarium Flower Guild Show.

The Larkspur Garden Club always welcomes new members, and neighbors are always welcome to join us for meetings and events. For more information, please contact Mary White, President, at (757) 407-6211.

Upcoming events include visits to the Virginia Tech Agricultural Research and Extension Center and Norfolk Botanical Garden, and a plant and bake sale at the LSRC Open House on May 9th.



The Larkspur Garden Club always welcomes new members, and neighbors are always welcome to join the group for meetings and events, so if these things sound interesting to you, please don't hesitate to give the club a call! For more information, please contact Mary White, President, at (757) 407-6211.



Reminder: Yard of the Month judging returns in April, so now is the perfect time to show those yards and gardens a little love. The Larkspur Garden Club looks forward to celebrating beautiful yards around the neighborhood this spring.



Wine Night Recap!



A Toast to Our Hosts!

Many thanks to Kristen and Ryan Allen for hosting the Wine Tasting Night at the Larkspur Swim & Racquet Club back in February. Neighbors enjoyed a relaxed evening of great wine, delicious bites, and lively conversation. Watch your email for more events like this in the future! Cheers to our hosts for a fantastic evening!

Rent the LSRC Clubhouse!

Love attending events in the LSRC Clubhouse? Why not rent it for your next gathering! LSRC rental contracts include the following:

- | | | |
|---|--|--|
| <ul style="list-style-type: none">● A 30 x 30 foot party room with heat and AC with a 63-person capacity.● High-speed internet.● A small kitchen area with a refrigerator, microwave, and sink.● Five 6-foot tables and 12 chairs. | <ul style="list-style-type: none">● A price of \$175 for each four-hour block of fun, with the option to add additional hours at a rate of \$25/hr.● Use of our 42" television (bring your own HDMI cable, Apple TV box, etc.)● Use of our kegerator for a nominal fee (bring your own keg). | <ul style="list-style-type: none">● Use of the front lawn in addition to the party room.● Availability Saturdays from 2:00pm until 11:00 p.m., and Sundays from 10:00 a.m.- 10:00 p.m. Some availability on weeknights. |
|---|--|--|

Check our website [here](#) for more details, or send an email to info@larkspurswim.com for more information.

Next Civic League Meeting: April 23rd at 6:00 p.m. in the LSRC Clubhouse



We're excited to welcome representatives from Critter Control, a professional wildlife and nuisance-animal management company serving the Hampton Roads area. Their experts specialize in identifying and humanely removing unwanted wildlife—from moles and voles in the yard to raccoons, squirrels, and other critters that occasionally visit our property.

During the presentation, they'll explain things like:

- How to tell the difference between moles and voles
- Why these animals show up in our yards
- Practical ways to protect lawns, gardens, and landscaping
- What homeowners can do before calling in the professionals

If you care about your lawn, your garden, or simply enjoy learning more about the wildlife sharing our neighborhood, this should be a fun and informative evening. Bring your questions—and maybe a photo of that mysterious tunnel in your yard! We hope to see you there!

Want to learn more about the services that Critter Control provides? Click [here](#) to visit the company website!

Important Dates to Remember

April 6th-8th	Spring Break Tennis Camps
April 18th	Tennis Lessons begin
April 23rd	Civic League Meeting
April 26th	Community Yard Sale
April 27th	Returning Lasers Registration
May 4th	Lasers Registration Opens to the Public
May 9th	LSRC Open House and Larkspur Garden Club plant and bake sale
May 23rd	Pool Opens from 12:00 p.m.-7:00 p.m. Saturdays and Sundays only
June 13th-19th	Tennis Summer Camps
June 15th	Pool Opens Monday-Thursday from 12:00 and Friday-Saturday 12:00p.m.-8:00 p.m.

Save the Dates!

July 3-5	Silent Auction
July 4th	Annual Bike Parade at 11:00 a.m. followed by the Picnic at the Pool at 12:30 p.m.
August 9th	Summer Pool Party at 4:00 p.m.
September 17th	Civic League Meeting (the speaker will be a representative from the Norfolk Botanical Gardens)



Real Estate Rooted in Community



Larkspur Living, *Handled with Care.*

When it comes to buying or selling a home in Larkspur, experience and local connection matter. I don't just work in this neighborhood - I'm invested in it. As a homeowner, parent, volunteer, and community leader, I bring a true insider's perspective to every real estate transaction.

Lindsay Johnson
"The Queen of Larkspur"

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And now...a word from our city....

Due to recent changes in city ordinances allowing the use of e-bikes on city streets, the City of Virginia Beach is taking proactive action to educate the public on e-bike rules and safety practices. The following article is specifically intended to be placed in neighborhood newsletters, so here it is in its entirety:

E-bikes in Our Neighborhood: How to ride responsibly, follow local rules and look out for one another in Virginia Beach

Electronic bicycles (e-bikes) offer a fun and efficient way to get around — and they're growing in popularity nationwide. As a result, they're becoming an increasingly common sight in Virginia Beach neighborhoods. But with that growing use, it's important for everyone to stay safe, be mindful of others, follow local rules and show courtesy to neighbors, pedestrians and drivers.

Know the Basics

Under Virginia law, e-bikes are generally treated like traditional bicycles and riders have the same rights and responsibilities on the road. Riders must obey standard traffic laws — such as riding with traffic, obeying signals and signs and using proper lighting at night. While registration, licensing and insurance are not required, riders do have a responsibility to operate them responsibly — especially in residential areas.

Classed and Unclassed E-bikes

E-bikes are generally grouped into categories based on how fast they can go and how the motor works, which helps determine where they're allowed to operate.

- Class 1 e-bikes provide pedal assistance only (no throttle) and stop assisting at 20 miles per hour.
- Class 2 e-bikes also top out at 20 miles per hour but include a pedal assist and throttle that can power the bike without pedaling.
- Class 3 e-bikes provide pedal assist only and can reach speeds up to 28 miles per hour. In Virginia, riders must be at least 14 years old and helmets are required for both riders and passengers.
- Unclassed e-bikes (electric motor bike/e-moto) do not fit into the three-class system, typically because they exceed speed or power limits. Classed e-bikes are more consistently regulated and are allowed on shared-use paths and bike facilities whereas unclassified e-bikes are more akin to mopeds or motor vehicles and are not allowed on shared-use paths and bike facilities.

Where and How You Ride Matters

Just like traditional bicycles, e-bikes may be used on streets, bike lanes, shared-use paths and sidewalks outside certain high-traffic zones (such as Town Center). In the Resort Area, e-bikes are not allowed on Oceanfront plazas or park, the Boardwalk, the Boardwalk Bike Path, or on sidewalks.

Helmet Rules and Safety Gear

Helmets are required for:

- Riders 14 and younger
- Anyone riding or operating a Class 3 e-bike (the fastest class, travels up to 28 mph)
- At night, riders must use a white front light plus a rear red reflector on their bike and use caution when passing pedestrians or other riders. It's also good practice to add reflectors and wear bright clothing to stay visible.

Neighborhood Safety and Courtesy Are Key

Riders should:

- Slow down near homes, parks and sidewalks
- Yield to pedestrians and announce passes when appropriate
- Avoid weaving through people or traffic
- Ride single-file when others are nearby
- Stay alert by keeping at least one ear free of headphones
- Keeping eyes on the road or path ahead and not on a cell phone

Parents and guardians are encouraged to talk with younger riders about expectations, helmet use and safe riding behavior.

For more details — including a full overview of e-bike classes, specific rules and official guidance— visit the City of Virginia Beach's resources on e-bikes at VirginiaBeach.gov/e-bikes.



5

ways to get up to speed on E-BIKE SAFETY

1

Have the safety talk.

Kids under 14 are 18% of the population, but account for 36% of e-bike injuries.

SOURCE: CONSUMER PRODUCT SAFETY COMMISSION

2

Always wear a helmet.

Head trauma from e-bike accidents increased 49-fold nationally between 2017 and 2022.

SOURCE: JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

3

Follow road rules.

E-bike injuries doubled every year from 2017 to 2022.

SOURCE: UC SAN FRANCISCO

4

Charge and store carefully.

Improper charging or damaged e-bike batteries can overheat, catch fire and spread quickly.

SOURCE: NATIONAL FIRE PROTECTION ASSOCIATION

5

Avoid reckless behavior.

Risky riding like speeding or stunts leads to more emergency room visits.

SOURCE: CONSUMER PRODUCT SAFETY COMMISSION

Stay up to speed on e-bike safety at

VirginiaBeach.gov/e-bikes



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Concierge Physical Therapy and Wellness
(757) 222-2230

Hey Larkspur!

Upcoming surgery? Hurt yourself? Want to get back to being active? Call your neighborhood physical therapist! PT2Go is a locally owned, private practice with 2 convenient Virginia Beach locations. We can treat you in our clinic, or we can make house calls! No referral is needed! We accept major insurances, have low cash rates, and are a perfect fit for the following situations:

Shoulder surgeries and injuries:

We've worked with everyone from Major Leaguers to weekend warriors.

Low back pain:

We have a comprehensive plan to address all factors causing low back pain.

Dry Needling:

We offer this fast, effective way to decrease tension and trigger points in muscles.

Fall risk assessments and gait training:

We can help you maintain independence by improving your strength, range of motion, balance and flexibility.

Total joint replacements:

We can help with initial in-home visits, and then transition to our clinic.

Titleist Performance Institute physical screenings:

We offer a swing and physical assessment for golfers to maximize swing, improve overall game, and prevent injury.

Road Runners Club of America:

We offer run training and coaching as a Level 2 certified RRCA coach who can properly train you for anything from a 5k to marathon, all under doctor supervision.

REMEMBER, it is always your choice on who you select for your physical therapy. As an independent, locally-owned private practice, we welcome the opportunity to work with you.



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