



Senior Services of Alexandria and  
Four Directions Wellness

PRESENT

a 2016-17 Speaker Series Event:

*Living a Purpose-Filled Life: Connecting Mind, Body, and Spirit  
To Obtain Optimal Health*

Thursday, November 17, 2016

10:00 a.m. to 12:00 noon  
(Registration starts at 9:30 a.m.)

Westminster Presbyterian Church  
2701 Cameron Mills Road, Alexandria, VA

Here's what you can expect:

- ❖ Learn about new approaches to healthcare challenges, including stress management, chronic illness, pain, whole person care, and overall well being
- ❖ Interactive sessions on Massage Therapy, Yoga, Reiki, and other relaxation and stress-reducing techniques.

Light refreshments will be served.

This event is FREE and open to the public.

Please RSVP online at [www.seniorservicesalex.org](http://www.seniorservicesalex.org) or

By calling 703.836.4414, x110.