

ROBUST WALKATHON



Senior Services
OF ALEXANDRIA

Tuesday, April 25
10 a.m. - Noon

Ben Brenman Park

4800 Brenman Park Drive
Alexandria, VA 22304

Guest instructors lead groups through stations that show you how to:

- ◆ Weave low-intensity exercises into a walk
- ◆ Use environmental objects as exercise props
- ◆ Gain balance, strength, agility, flexibility, and endurance

\$10 suggested donation to register

\$25 suggested pledge donation

Register online at: seniorservicesalex.org

Each participant will receive an exercise item!



**Sponsored by the Successful Aging Committee:
Community & Human Services/ Aging & Adult Services
Recreation, Parks & Cultural Activities
Senior Services of Alexandria
Alexandria Redevelopment and Housing Authority**

The Robust Walkathon will benefit three annual events sponsored by the Successful Aging Committee: Dance For All Ages, Senior Health & Fitness Fair and Senior Holiday Party