

Mall-Walking Program



For the past 28 years, Virginia Hospital Center has sponsored a free, mall-walking program at Ballston Common Mall. With Ballston Common Mall due to undergo renovations, the Hospital's mall-walking program is moving to Fashion Centre at Pentagon City this spring!

The new, intergenerational mall-walking program is open to anyone looking for free, safe, and climate-controlled exercise.

Cool-down stretches and blood pressure checks are included.

All ages are welcome!

**Located inside the Fashion Centre at Pentagon City,
near Nordstrom on the 1st floor.**

Please join us for the kick-off on Tuesday, May 3, 2016.

Every Tuesday and Thursday morning, 8:30-9:30 am

**For details, please contact the Health Promotion Dept:
703.558.6859**