

Senior Services

OF ALEXANDRIA

2018/2019 SPEAKER SERIES EVENT

FRIDAY, NOVEMBER 2, 2018

SENIORS & CAREGIVERS: HOW TO STAY FIT AND SAFE AT HOME

Learn about all the ways to stay fit and safe at home, including:

- Physical changes and importance of exercise as we age
- How to prevent falls
- Proper use of medications
- Home modifications
- Scam Prevention

Listen to representatives from the No. Va. Falls Prevention Alliance, Goodwin House at Home and Fairfax County Financial Exploitation Task Force.

JOIN US!

Friday, November 2, 2018
10:00 a.m.-Noon

(Registration at 9:30)

Beth El Hebrew Congregation
3830 Seminary Road
Alexandria, VA

This event is free and open the public.
Refreshments will be provided.

Please RSVP online at
www.seniorservicesalex.org or by
calling (703) 836 4414 ext. 110.

