SENIOR HEALTH AND FITNESS FAIR

WEDNESDAY, MAY 29TH

Come join in the fun at our
May Speaker Series Event:
the annual Health & Fitness Fair!

Participants will hear from Inova Alexandria Hospital about what all seniors need to know to stay healthy and fit!

There will also be cooking and exercise demonstrations, and free health screenings!

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

JOIN US!

Wednesday, May 29th, 2019
10:00am – 12 Noon
(Registration at 9:30)

Lee Center
1108 Jefferson Street
Alexandria, VA

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

Successful Aging Committee Members: Community & Human Services/Division of Aging and Adult Services/Adult Day Services; Recreation, Parks & Cultural Activities; Alexandria Redevelopment and Housing Authority; Senior Services of Alexandria