



Improve your cardiovascular fitness and help United Way raise funding for Alexandria non-profits!

SATURDAY, MAY 18, 2019. AT 11 A.M.

MEET ON THE PATIO ON THE RIVER SIDE OF THE UNITED WAY WORLDWIDE BUILDING

701 NORTH FAIRFAX STREET, ALEXANDRIA, VA 22314

The walk will start in on the Patio (River Side) of the United Way Worldwide Building. Participants will walk North along the walking path in Oronoco Bay Park and will turn around before they reach the Mt. Vernon Trail and head back South on the walking path ending up back at the Patio of the United Way Worldwide Building. This fun walk from Oronoco Park and return is generally flat. Travel distances are marked so participants can walk any distance they choose. Experts will lead warm-up and cool down exercises and will be available to chat on nutrition and exercise for seniors. Admission to the walk will be \$25.

Net proceeds benefit the Community Impact Fund of United Way, National Capital Area and will be donated to Alexandria Non-profits.



FOR MORE INFORMATION AND TO REGISTER

GO TO WWW.SENIORWALK.ORG

or phone us at [\(703\) 539-2549](tel:7035392549)

BECOME A SUPPORTER OR A SPONSOR

Click the DONATE link on the website or use your "smart" device to text GIVE to (703) 997-4015 or scan the QR Code at Right →

