

# 2019-2020 Speaker Series

## WELLNESS: MIND, BODY, AND SPIRIT

THURSDAY, OCTOBER 17, 2019

### PROGRAM HIGHLIGHTS

- Learn how you can benefit from the new trend toward alternative healing approaches.
- See a demonstration of Pilates designed to improve strength, flexibility and balance.
- Hear about the Power Plus 55 activities sponsored by the City of Alexandria.
- Understand the importance of nutrition and steps you can take today to support an active life style.

#### Program Speakers:

City of Alexandria Department of Recreation,  
parks, and Cultural Activities.  
Four Directions Wellness  
Studio Body Logic  
INOVA Alexandria Hospital

### JOIN US!

Thursday, October 17, 2019

10:00 am - Noon  
Registration at 9:30 am

Beth El Hebrew Congregation  
3830 Seminary Road, Alexandria, VA

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

RSVP online at  
[www.seniorservicesalex.org](http://www.seniorservicesalex.org) or by  
calling (703) 836 4414 ext. 110.

