

2023 "SENIOR LIVING IN ALEXANDRIA" WORKSHOP

SENIOR HEALTH AND FITNESS FAIR

THURSDAY, MAY 18, 10 AM

This year's in-person fair will be a fun and interactive program including:

- **Discussion about the importance of maintaining good mental health**
- **Healthy cooking demonstrations**
- **Blood pressure and Glaucoma screenings**
- **Meditation and Exercises for older adults**

Join Us

**Lee Center
1108 Jefferson Street
Alexandria**

**Please RSVP online at
seniorservicesalex.org or
call (703) 836 4414 ext. 110.**

Guest Speaker:

**Rhonda L. Rivera Williams, LCSW,
Department of Community and
Human Service**

Participating Partners:

- **City of Alexandria's Recreation Department**
- **Goodwin Living's "The View"**
- **Society for the Prevention of Blindness**
- **Woodbine Rehab & Healthcare Community**
- **Virginia Hospital Center**

