

# ROBUST WALKATHON

**Thursday , June 8, 2023**

Rain Date: None

**10 a.m. - Noon**

**Ben Brenman Park**

4800 Brenman Park Drive, Alexandria, VA 22304

**Group leaders walk participants to exercise stations to learn how to**

- ◆ Weave low-intensity exercises into a walk
- ◆ Use environmental objects as exercise props
- ◆ Gain balance, strength, agility, flexibility, and endurance
- ◆ Special participation from public safety representatives of the Alexandria Fire and Sheriff's Departments
- ◆ **AND PK Silver** mini-tutorial on Parkour

Suggested: \$10 donation to register; pledge form encouraged



***Sponsored by the Successful Aging Committee***

Community & Human Services/ Aging & Adult Services;  
Recreation, Parks & Cultural Activities;  
Senior Services of Alexandria;  
Alexandria Redevelopment and Housing Authority;  
and Catholic Charities



***The Walkathon benefits 3 annual events sponsored by the Successful Aging Committee:  
Dance For All Ages, Senior Health & Fitness Fair, and Senior Winter Holiday Celebration***

# ROBUST WALKATHON

Thursday, June 8, 2023

Rain Date: None

10 a.m. - Noon

Ben Brenman Park

4800 Brenman Park Drive, 22304

Keep this section as a reminder!

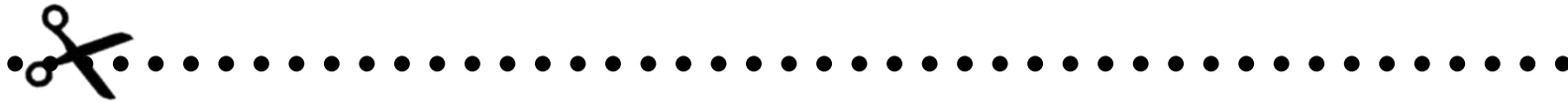
Register online at [seniorservicesalex.org](http://seniorservicesalex.org), or mail in the form below.

### Directions:

On Duke St. West toward Landmark:  
First right after Foxchase Shopping Center and before Beatley Library

On Duke St. East toward Old Town:  
First right after Somerville St. onto park entrance ramp

In the case of inclement weather, please call 703.836.4414



### **Hold Harmless Agreement:**

In consideration of the City of Alexandria and Successful Aging Committee partners conducting various programs and allowing the undersigned to participate in such programs, the undersigned realizing the risk of injury attendant to such programs, does hereby and forever discharge the City of Alexandria and its partners, officers, agents, and employees from any and all action, claims or liability resulting from or arising out of or based upon any bodily injury or property damage which may be sustained by the undersigned while participating in such programs.

I have read and agree to the above waiver: \_\_\_\_\_

**Signature**

First and Last Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Enclosed is my check for \$\_\_\_\_\_ to cover \_\_\_\_\_ registrations (\$10 suggested registration fee).

Make checks payable to: Senior Services of Alexandria. Please write "Robust Walkathon" in memo line.

### **Mail forms to:**

**Senior Services of Alexandria  
ATTN: Robust Walkathon  
206 N. Washington St.  
Suite 301  
Alexandria, VA 22314**

I cannot attend the Walkathon, but I would like to send a donation in support of the Successful Aging Committee.

Enclosed in a check for \$ \_\_\_\_\_

