

2024 Senior Living in Alexandria Speaker Series

SENIOR HEALTH AND FITNESS FAIR

CO-SPONSORED BY THE SUCCESSFUL AGING COMMITTEE: DCHS/AGING & ADULT SERVICES; RECREATION, PARKS & CULTURAL ACTIVITIES; ALEXANDRIA REDEVELOPMENT & HOUSING AUTHORITY; CATHOLIC CHARITIES; AND SENIOR SERVICES OF ALEXANDRIA

THURSDAY, MAY 23, 10 AM

LEE CENTER, 1108 JEFFERSON STREET, ALEXANDRIA

This year's in-person fair will be a fun and interactive program including: a Discussion about the importance of maintaining good health as we age, a Healthy Cooking Demonstration, Blood Pressure and Glaucoma Screenings, Chair Yoga, and Exercises with RPCA's Rodney!

Participating Partners: City of Alexandria's Recreation Department, The View Alexandria by Goodwin Living, Inova Alexandria Hospital, Society for the Prevention of Blindness, and Woodbine Rehab & Healthcare Community

THE EVENT IS FREE, BUT PLEASE REGISTER BY EMAILING EVENTS@SENIORSERVICESALEX.ORG OR CALL 703-836-4414, EXT. 110.



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Senior Law Day

Saturday June 8, 2024 at 9am, First Baptist Church, 2932 King St.