

ROBUST WALKATHON



Benefits Dance for All Ages, Senior Health & Fitness Fair and Senior Winter Holiday Celebration sponsored by the Successful Aging Committee

TUE 9/17 | 10 A.M-12 P.M.
RAIN DATE: 9/24

SUGGESTED DONATION:
\$10 OR MORE

BEN BRENMAN PARK | 4800 BRENMAN PARK DR.

Group leaders will walk to exercise stations where they will learn how to weave low-intensity exercises into their walks, use environmental objects for exercise, gain balance, strength, agility, flexibility and endurance, and meet representatives from Alexandria Fire Department and Sheriff's Office!

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



ROBUST WALKATHON

Tue 9/17 | 10 a.m-12 p.m. (Rain Date: 9/24)

Ben Brenman Park | 4800 Brenman Park Dr.

In case of inclement weather, call 703.836.4414

Register online at seniorservicesalex.org or fill out, detach, and 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



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 _____ registration(s) (\$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 is a check for \$ _____

