



**THE JOURNEY TO HEALTHY LIVING:
STRESS RELIEF, COOKING,
NUTRITION & EXERCISE**

**THURSDAY, OCTOBER 23, 2025 AT 10 AM,
WESTMINISTER PRESBYTERIAN CHURCH
2701 CAMERON MILLS ROAD, ALEXANDRIA, VA**

The Journey to Healthy Living is a dynamic wellness experience designed to nourish body and mind. Participants will explore stress relief techniques, enjoy a healthy cooking demo, practice chair yoga and meditation, and gain practical nutrition education—all in one uplifting session focused on simple steps toward lasting well-being.

**PLEASE RSVP BY EMAIL AT EVENTS@SENIORSERVICESALEX.ORG
OR CALL (703) 836 4414 EXT. 110.**



2025-2026 Senior Living in Alexandria Speaker Series

Senior Academy

Wednesday, September 3, 2025, at Beatley Library

Wednesday, September 10, 2025, at City Hall

Wednesday, September 17, 2025, at Alexandria City Police Department

Wednesday, September 24, 2025, at Patrick Henry Recreation Center

The Journey to Healthy Living: Stress Relief, Cooking, Nutrition & Exercise

Thursday, October 23, 2025 at 10 am,

Location: Westminster Presbyterian Church

Balanced for Life: Fall Prevention

Thursday, November 20, 2025 at 10 am

Location: Beth El Hebrew Congregation

Resilience and Renewal: Caregiver Workshop

Wednesday, January 21, 2026 at 10 am

Location: Beatley Library

Exploring Horizons: Senior Education and Travel

Wednesday, February 18, 2026 at 10 am

Location: Beatley Library

Senior Technology and Avoiding Scams and Fraud

Wednesday, March 11, 2026 at 10 am

Location: Beatley Library

Fresh and Fun: Floral Arranging Workshop with Red Hill Garden Club

Wednesday, April 15, 2026 at 10 am

Location: Beatley Library

Senior Health & Fitness Fair

Thursday, May 21, 2026 at 10 am

Location: Lee Center, 1108 Jefferson Street

Senior Law Day

Date and location to be determined.