



Senior Services OF ALEXANDRIA



SENIOR HEALTH AND FITNESS FAIR

WEDNESDAY, MAY 29TH

Come join in the fun at our
May Speaker Series Event:
the annual Health & Fitness Fair!

Participants will hear from Inova Alexandria
Hospital about what all seniors need to know
to stay healthy and fit!

There will also be cooking and exercise
demonstrations, and free health screenings!

This event is free and open to the public.
Refreshments will be provided.

JOIN US!

Wednesday, May 29th, 2019
10:00am - 12 Noon
(Registration at 9:30)

Lee Center
1108 Jefferson Street
Alexandria, VA

Please RSVP online at
www.seniorservicesalex.org or by
calling (703) 836 4414 ext. 110.

Successful Aging Committee Members: Community & Human Services/Division of Aging
and Adult Services/Adult Day Services; Recreation, Parks & Cultural Activities;
Alexandria Redevelopment and Housing Authority; Senior Services of Alexandria

