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Older Americans Annual Health & Fitness Fair

Date and Time

Wednesday 5/29/2019 9:30am to 12:00pm

Event URL

<https://thezebra.org/2019/05/06/may-is-older-american-month/>

Event Region

Northern Virginia

Event Type

Community event

RSVP Info

register online at seniorservicesalex.org or call (703) 836-4414, ext. 110.

Event Cost

\$0.00

Event Description

Annual Health & Fitness Fair on Wednesday, May 29, 2019 from 9:30am until Noon at Lee Center. It is always a fun way to kick-off spring in connection with National Senior Health and Fitness Month. This fun event has a little something for everyone including breakout sessions where participants can participate in healthy food demonstrations, free health screenings, tai chi, and simple exercise programs intended to improve one's balance and strength. All of SSA's events are free and open to the public. We ask that you register online at seniorservicesalex.org or call (703) 836-4414, ext. 110.

Every May, the Department of Health and Human Services Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, Connect, Create, Contribute, encourages older adults and their communities to:

- Connect with friends, family, and services that support participation.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.