

# JULY FITNESS WORKSHOPS



Join Park Authority Instructor, **Paulette**, for an in-person workshop. This session will focus on improving posture, balance, and stretching as we age.

**Date:** Monday, July 18th, 2022

**Time:** 1 p.m.

**Location:** Spring Hill Rec Center  
1239 Spring Hill Rd. McLean, Va. 22102  
703-827-0989

Join some of the physical therapist from **INOVA Physical Therapy Centers** as they discuss tips on preserving strength and mobility as we age.

**Date:** Wednesday, July 20th, 2022

**Time:** 6 p.m.

**Location:** Oak Marr Rec Center  
3200 Jermantown Rd. Oakton, Va. 22124  
703-281-6501


Can't make it in-person? This event will be streamed live via Zoom. Join from home by clicking this link: <https://bit.ly/HSCCINOVA>



FAIRFAX COUNTY PARK AUTHORITY  
**Rec CENTERS**



**No registration required. Just show up!**

 703-324-8563  
TTY: Va. Relay 711

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