



ROBUST WALKING FOR OLDER ADULTS



- Dr. Dan Kulund* shows you how to:**
- Weave low-intensity exercises into a walk
 - Use environmental objects as exercise props
 - Gain balance, strength, agility, flexibility, and endurance
 - Become a leader of a neighborhood robust walking group



Wednesday May 8, 2013

10 a.m.—noon

To R.S.V.P., contact Paul Woods at
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Mott Community Center

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**Dr. Kulund is a board certified orthopedic surgeon, a former Chief of Health Promotion for the United States Air Force, and a member of the City of Alexandria's Commission on Aging*

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