



OLDER ADULT HEALTH AND WELLNESS EXPO

Empowering Wellness and Inspiring Lives: Explore a Path to a Vibrant You!

Come join us to connect with your local community partners focused on supporting your physical, social, and mental wellness!

Blood Pressure Checks and Fitness Class Demonstrations for ZUMBA, ZUMBA Gold, and Jazzercise will be included!

We are proud to partner with the following organizations:

- ServiceSource
- Fairfax County Fire and Rescue
- Fairfax County Park Authority (FCPA)
- Fairfax County Public Library / Access Services
- Fairfax County Health Department
- Alzheimer's Association
- Prevention of Blindness Society
- NOVA ScriptsCentral
- Anthem HealthKeepers Plus
- Fairfax Jazzercise Inc.



Friday, April 19, 2024 from 11 a.m. - 1 p.m.

Mott Community Center
12111 Braddock Road, Fairfax, VA 22030

For more information, please call us at 703-278-8605, TTY 711, or email us at aleczander.pavlakis@fairfaxcounty.gov

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