

FOR THE COMMUNITY

HEALTHY TOGETHER FAIRFAX



BY THE COMMUNITY

PRESENTED BY



An event for the community, by the community.

Healthy Together Fairfax is a fun (and FREE) interactive event for the community focused on healthy and active living. The event includes free health screenings, access to community services and resources, fitness classes, hands-on activities, and 'bite-sized' learning for all ages. Come explore the trails and playgrounds at Franconia Park and enjoy a ride on the carousel.



May 19, 2024

12 to 3 pm

Rain Plan: Indoors at the Rec Center; same date, same time!

Held at:

FRANCONIA PARK

6601 Telegraph Road, Alexandria, Virginia



The event is organized around four key informational tracks so each participant can take action in their community, with their families, and on their own.



PHYSICAL WELLNESS TRACK

Enjoy exercise class demonstrations and trail walks. Get free health screenings and connect with medical professionals about injury and disease prevention. Join efforts to make it easier and safer to walk, bike, and use public transit in your community.



ENVIRONMENTAL WELLNESS TRACK

Connect with nature and reduce your carbon footprint. Get information about water quality, accessing green spaces, and addressing climate change. Learn how you can be part of the solution by reducing waste and advocating for your community.



SOCIAL WELLNESS TRACK

Gain resources for making connections between people of all ages and abilities. Find out more about workforce development efforts in the community. Take action to reduce social isolation.

EMOTIONAL WELLNESS TRACK

Learn about community efforts to support emotional wellness in early childhood and in K-12 schools. Join us for story time, with children's books focused on emotional wellness. Find out how you can help prevent suicide and support mental health in the community.



For more information, visit

healthytogetherfairfax.com