

Free and Open to all 55+ FITNESS DAY & HEALTH FAIR

Lubber Run Community Center
Wednesday, May 29th
10 a.m. to 12 noon



- Blood Pressure Screening
- Vision Screening
- Grip Strength Assessment
- Falls Risk Assessment
- Cognitive Screening
- Body Composition Analysis
- Brain Health Education
- Healthy Food Samples
- Dementia Friendly Arlington
- Falls Prevention Education
- Mobility Devices
- Hearing Information
- Senior Olympics Information
- Insight Memory Care
- Home Care & Rehabilitation Agencies
- And much, much more!

**55+ FITNESS CLASS
DEMONSTRATIONS**



300 N Park Drive, Arlington, VA 22203

Free Parking (up to 4 hours)



For Information Contact: spappa@marymount.edu