

Free and Open to All

55+ FITNESS DAY

& HEALTH FAIR

Lubber Run Community Center
Wednesday, May 28th
11am to 1pm



- Various Health Screenings
- Falls Risk Assessment
- Falls Prevention Education
- Body Composition Analysis
- Brain Health Education
- Healthy Food Samples
- Adult Learning
- Dementia Friendly Arlington
- Mobility Devices
- Hearing Information
- Senior Olympics Information
- 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