

**OLDER
AMERICANS
MONTH**



Wednesday, May 24
9:00 AM - 2:30 PM

AGE OUT LOUD WORKSHOP

May is Older Americans Month, and a great time learn more about aging.

Join us for a full day of programming (and great food) to help you live a healthier, happier life. Free for professionals, seniors, caregivers, and their loved ones. Space is limited - RSVP today!

call 703-531-0781

email khalteh@cri-va.org

Schedule

9:00	Registration & Breakfast
9:30 - 10:15	Session 1: Take Charge
10:30 - 11:30	Session 2: Strive for Wellness
11:45 - 12:30	Lunch
12:30 - 1:15	Session 3: Focus on Independence
1:30 - 2:30	Session 4: Advocate for Yourself and Others

Proudly Sponsored By:



Event Hosted By Chesterbrook Residences.

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