

FLIP THE SCRIPT ON AGING

Join us for "**Flip the Script on Aging**", honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging. Educational opportunity that focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. No registration needed.

TOPICS INCLUDE:

Mental Health and Aging | Medicaid and Medicare | Healthy Aging | Identity Theft | Transportation

EDUCATIONAL ACTIVITIES INCLUDE:

Therapeutic Arts | Dementia Simulations | Community Resources | Vaccinations

Free refreshments and Door Prizes!

Contact nuzowihe@arlingtonva.us or msanjuan@thevirginian.org if you have questions.

DATE: **MAY 15, 2025**

TIME: **10 A.M.-2 P.M.**

LOCATION:
Oakwood Meadow Senior Residences
5815 South Van Dorn Street
Alexandria, VA 22310

Parking is limited. Shuttle service available.

ALZHEIMER'S ASSOCIATION®

Anthem HealthKeepers Plus
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Virginia Medicaid Plan

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INDEPENDENT LIVING, ASSISTED LIVING, AND MEMORY CARE

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Planning For Senior Life

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