

Healthy Aging Lectures

Age Requirements

56-60

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60+

Family

No

Intake Process

Register online or call for more information.

Provider Refer

No

Self Refer

Yes

VHC Health Senior Health Department

<https://www.vhchealth.org/>

<https://www.vhchealth.org/classes-events/healthy-aging/healthy-aging-lectures/>

Main

(703) 558-6859

1701 North George Mason Drive

22205 VA

United States

Additional Availability Comments

Visit the website for dates and times.

Fee Structure

No Fee

Languages Spoken

English

Healthy Aging Lectures are sponsored by the Virginia Hospital Center Senior Health Department. Lectures are free and held once a month. To register or for more information, please visit the website or call 703-558-6859.

Lectures include topics such as "Fall Prevention", "Driver Safety", "Communication

Challenges Between Adult Children & Their Parents", etc. Visit the website to view the [schedule of lectures and events](#).

Service Area(s)

Alexandria City

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Arlington County

,

Fairfax City

,

Fairfax County

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Falls Church City

Email

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