



STAY ACTIVE AND INFORMED WITH AARP & MANASSAS MALL

AARP Virginia and the Manassas Mall are teaming up to bring you programs that help you stay informed, energetic, and active! This Spring, we're presenting three programs:

- **The Five Pillars of Brain Health | March 6**
- **AARP HomeFit workshop | April 3**
- **Protect Yourself from Frauds and Identity Theft | May 1**

Join us for one or all three. These events are open to the public, and all are welcome to arrive as early at 8 a.m. to walk with the Manassas Mall Walkers and get your blood pressure checked by Novant Health. Complimentary coffee and light refreshments will be served.

Wednesdays:

March 6 | April 3 | May 1

8:00 a.m. | walk the mall

9:15 a.m. | presentations

Manassas Mall

Food Court Area
8300 Sudley Road
Manassas, VA 20109

Please RSVP at

1-877-926-8300

or register online at:

**states.aarp.org/
manassas-mall**

