



Arlington Neighborhood Village
Making Arlington your home for a lifetime

www.arlnvil.org

703-509-8057

COFFEE AND CONVERSATION

Every Wednesday from 10-11 am

May 2018 (revised)

The Springs Apartments, Multipurpose Room, 4318 North Carlin Springs Road - near Glebe Road.

Please enter the building at the North Thomas Street entrance - at the corner of North Thomas Street and Carlin Springs Road. Parking is available in the APAH garage (North Thomas Street entrance), on the street, or in the Ballston Common parking garage

**Open to all – bring your own coffee, learn about aging in place with Arlington Neighborhood Village, and hear one of these speakers.
No RSVP needed.**

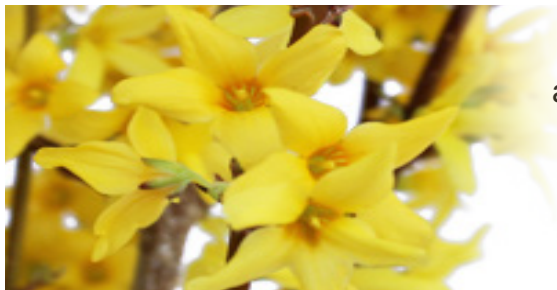
May 2: Blood Pressure Clinic - Learn about high blood pressure and its symptoms; why early detection is important, the latest blood pressure guidelines, and the proper techniques for measuring blood pressure. Bring your BP machine for accuracy check and teaching.

May 9: Marion Rechtenwald, Ph.D and fitness trainer, will share the latest information on how movement and staying active is so important for brain health.

May 16: Michael Manning, Arlington attorney, will discuss how provisions in the new tax law could impact estate planning.

May 23: Bruce Hightower, President of the Arlington & Alexandria Gay and Lesbian Alliance will discuss how the organization is confronting the issue of aging.

May 30: ANV member Anita Wallgren will share photos and reflections from her recent Trip to Vietnam.



For more information or to learn more about the benefits of becoming a member and/or volunteering with Arlington Neighborhood Village, call the ANV office at (703) 509-8057 or visit www.arlnvil.org.