



# OLDER AMERICANS MONTH



## 2026 Theme: CHAMPION YOUR HEALTH

— Empowering older adults to take charge of their wellness and independence.

**DATE: May 13, 2026**  
**TIME: 10AM - 2PM**

**LOCATION:**  
The Virginian by Cogir  
9229 Arlington Blvd.  
Fairfax, VA 22031



Older adults play a vital role in our communities—as mentors, leaders, and caregivers. This year, we celebrate Champion Your Health, focusing on prevention, wellness, and empowering individuals to take an active role in their health.

Join us as we highlight resources, education, and community partnerships that support independence and healthy aging.

### Explore Resources & Services Including:

- Mental Health Support
- Chronic Disease Management
- Preventive Health Screenings
- Palliative & Supportive Care
- Skilled Care Services
- Dementia Experience
- Senior Health & Wellness Services
- Health Education Workshops

**Connect with local resources. Take charge of your health.**



For any questions regarding this event please contact:

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