

Fairfax County Presents

# IndependentLiving



Fairfax County  
wants to help  
you keep your  
independence.

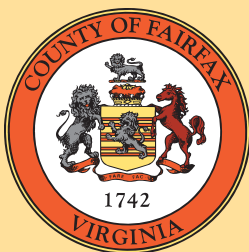
A Franconia/Rose Hill community program to promote independent living for older adults and adults with disabilities.

**FREE Workshops offering tips to reduce the risk of falling.  
FREE Exercise classes to improve balance and build strength.**

*At senior centers and faith communities in the Rose Hill/Franconia area.*

**A FREE meeting in your home with a specialist to help identify potential safety risks and to let you know about gadgets or services you may find helpful.**

**To get more information or to schedule an individual appointment, call the program coordinator at  
703-324-7210; TTY 703-222-9452.**



## Project Partners

ElderLink, Options for Caregiving, with the Fairfax Area Agency on Aging  
Fairfax County Department of Family Services, Adult and Aging Division  
Fairfax County Fire and Rescue • Fairfax County Department of Health  
Fairfax County Community and Recreation Services • INOVA Health Systems

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-7210; TTY 703-222-9452. To request this information in an alternate format, call 703-324-5870; TTY 703-222-9452.

January 2007