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Springtime Robust Aging Toolbox

Date and Time

Weekly on Tuesday at 10:00am for 8 times

Event URL

[The Center](#)

Event Region

Charlottesville Area

Event Type

Class - Workshop

RSVP Info

434-974-7756

Event Cost

\$0.00

Event Description

Dan Kulund is bringing his robust aging toolbox to Ivy Creek for you. The toolbox contains 25 tools, each one a physical activity or mental skill to keep you healthy, vigorous, and strong as you get older. You can use these tools in the woods and around your neighborhood, and even in your home or at work. Dr. Kulund is a retired orthopedic surgeon and served as the U.S. Air Force Chief of Health Promotion. Location is Education Building at Ivy Creek Natural Area, 1780 Earlysville Road. Sessions begin indoors and often move outside for you to handle tools. Free and open to the community. Tuesdays in May and June 10-11:30am. Call 434-974-7756 if you have questions or need more information.