



# Visit the Virtual Center for Active Adults

*Find Connection, Stay Active and Have Fun!*

The Virtual Center for Active Adults is a multi-jurisdictional platform offering weekly virtual programming for older adults and adults with disabilities. The goal of the VCAA is to enrich the lives of participants while reducing feelings of isolation.

Older adults and adults with disabilities who live in Northern Virginia are welcome to use this free resource. Join us to participate in a variety of programs and classes, engage with your peers, and connect with your community. Programs range from fitness classes to special presentations to interactive games. You can also watch prerecorded classes and programs on demand.

Virtual programming is presented by these partners:



**Visit the Virtual Center for Active Adults:**



[bit.ly/novaVCAA](https://bit.ly/novaVCAA)



A Fairfax County, Va., publication. May 2022

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