



Greetings from the Occoquan District!

I hope this September E-Update finds you well. Below please find a few things going on throughout the district.

In this Occoquan District E-Update:

1. Town Hall Reminder
2. Free Clinic at St. Margarets Anglican
3. Occoquan Water Trail Public Stakeholder Meeting
4. NoVA Step Out: Walk to Fight Diabetes
5. 1st Annual Fall Caregiver Conference

Town Hall Announcement

Thank you to everyone who has attended one of the numerous town hall meetings we have had over the past several weeks. I wanted to remind you and your family that we still have one remaining scheduled for **tomorrow, Saturday, September 18th from 10 a.m. to noon** at Tall Oaks Community Center. Please feel free to attend! For more information please contact Alyssa at 703-792-5180.

Free Clinic at St. Margarets Anglican

Hold the date! The Mission Team is pleased to announce an Open House for the Free Health Clinic in the Parish Hall on Sunday, September 26. The address is 13900 Church Hill Drive, Woodbridge, VA 22191. Everyone is invited to stop by and see the beautiful construction work that has been done and also meet some of the people who will be directing the work of the clinic. The clinic also will be dedicated in a public ceremony on September 26 at 1 p.m.

Occoquan Water Trail Public Stakeholder Meeting

Do you know what is a water trail? Did you know we have on here in Northern Virginia? Come learn about the Occoquan Water Trail. Over the summer, assessments of this water trail were performed and areas to improve were identified. Come help to prioritize these improvements and give your feedback at one of two upcoming meetings. The first meeting will be Tuesday, September 28 from 7:30 to 9 p.m. at the McCoart Building (1 County Complex Court, Woodbridge, VA). The second meeting will be held on Thursday, October 7 at Robinson High School (5035 Sideburn Road, Fairfax, VA) from 7:30 to 9 p.m. For more information or to RSVP: www.owlva.org or call 703-690-2121.

NoVA Step Out: Walk to Fight Diabetes

Step Out: Walk to Fight Diabetes will be held on Saturday, October 16 at Pfitzner Stadium in Woodbridge to raise money to support research, education and Advocacy of the American Diabetes Association. Registration begins at 8:30 a.m. and the walk begins at 10 a.m. For more information visit <http://main.diabetes.org/novastepout> .

1st Annual Fall Caregiver Conference

If you are a family caregiver of a person needing long term care support and assistance, a professional caregiver, or a compassionate person looking for strategies on how to care for Seniors, please attend this Caregiver conference on Saturday, October 23 from 8:30 a.m. to 4:00 p.m. The event is being hosted by Willow Oaks at Birmingham Green. For more information, please call 703-792-6374 or email leckhardt@pwcgov.org

Thanks for reading our September E-Update! As always, if we can ever be of service to you, please do not hesitate to contact us.

Our office has received an email from you and we have placed you on our E-Update list.

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