



# EARLY BIRDS IN THE PARK

**BLES PARK**

MONTHLY, 10AM-11AM  
2ND THURSDAYS & 4TH WEDNESDAYS  
MAY - SEPTEMBER

**A FREE PROGRAM  
FOR PEOPLE LIVING WITH DEMENTIA & THEIR CARE PARTNERS**

Join us for an easy hike on the park trail, guided by our professional Adult Day Center staff.

**BLES PARK  
44830 BLES PARK DR  
ASHBURN, VA 20147**

Hosted by Eastern Loudoun Adult Day Center  
Loudoun County Area Agency on Aging  
Advance registration required. Call 571-258-3232



LOUDOUN COUNTY DEPARTMENT OF PARKS RECREATION & COMMUNITY SERVICES

**LOUDOUN.GOV/PRCS**

FOR ACCESSIBILITY REQUESTS: CONTACT ADAPTREC@LOUDOUN.GOV, 703-777-0343, TTY: 711