



NEWS RELEASE

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Wellness Expo Showcases Healthy Living for Adults Age 55+

After a pandemic-related hiatus, the Vienna Wellness and Safety Expo is back and better than ever! This year's event tailored for adults age 55+ will be held on Sunday, May 22 from 1-4 p.m. at the Vienna Community Center, 120 Cherry St. S.E. More than 30 local vendors will be on hand to provide a wide range of resources designed to help attendees learn more about living a healthy and fulfilling life as they age.

"Dozens of exhibitors will be on hand to offer information on health and wellness topics such as physical therapy, acupuncture, money management, independent living and more," said event coordinator Kathy Blevins. "This event is a great opportunity for older adults to take part in a wide range of activities including resource presentations, pop-in fitness classes and a cooking demonstration."

The Wellness and Safety Expo serves as Vienna's very own health fair for older adults presented by the Town of Vienna Parks and Recreation Department. Its purpose is to provide a nurturing environment for people to explore their personal interests, gain access to needed resources, and foster friendships.

For more information about the Wellness and Safety Expo, visit www.viennava.gov/expo or call 703-255-7801.

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