



# NEWS RELEASE

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## **Wellness Expo Showcases Healthy Living for Adults Age 55+**

A healthy lifestyle as you age is the aim of Vienna's very own health fair, the Wellness and Safety Expo! This year's event, tailored for adults age 55+, will be held on Friday, May 10, from 11 a.m.-2 p.m. at the Vienna Community Center, 120 Cherry St. SE.

More than 45 local vendors will be on hand to provide a wide range of resources designed to help attendees enhance their physical and mental well-being.

Exhibitors will offer information on health and wellness topics such as physical therapy, acupuncture, money management, independent living and more. Additionally, older adults are invited to take part in a wide range of activities including pop-in fitness classes, a pickleball demonstration and a presentation by the Vienna Police Department on "Scam & Fraud Prevention." There will also be gift bags, vendor giveaways and a local food truck onsite.

The Wellness and Safety Expo is 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 information, and foster friendships.

For more information visit [www.viennava.gov/wellness](http://www.viennava.gov/wellness), contact email [parksrec@viennava.gov](mailto:parksrec@viennava.gov) or call 703-255-6360.

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