



# 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 health fair, the Wellness and Safety Expo. This year's free event, tailored for adults age 55+, will be held on **Friday, May 9, from 11 a.m.-2 p.m. at the Vienna Community Center, 120 Cherry St. SE.**

More than 50 local vendors, including government agencies, nonprofits, and local businesses 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 exercise, independent living, health and life insurance, hypnotherapy and more.

New this year is an appraisal event hosted by Quinn's Auction Galleries from 11 a.m. to 2 p.m. where attendees can bring their antiques and collectibles (no furniture or over-sized items) and receive a free verbal appraisal from an on-site specialist of what their items could bring at an auction (please note no offers will be made, this is for informational purposes only). To top things off, 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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