

SENIOR Health & Wellness EXPO

A One-Stop Shop for 50+



**Saturday
May 2, 2026
10 a.m. – 12:30 p.m.**

Brooks Family YMCA
151 McIntire Park Drive
Charlottesville

Come for all or part of the day!

Registration is not required. Please spread the word.

Sponsored by _____



Resource Tables with Information on:

- Nutrition
- Transportation
- Disease Management
- Social Connections
- Care Management
- Care for the Caregiver
- Money Management

Education Sessions on:

- Wills
- Safety
- Long Term Care
- Medication Review
*(Bring your medications for a
Pharmacist to review)*

Try a Fitness Class (short 15-minute sessions)

- Tai Chi
- Balance
- Chair Yoga

Light Refreshments Served

For further information, contact: Jeri Evans, Senior Wellness Director, Brooks Family YMCA, jevans@piedmontymca.org or (434) 270-7535 or Jackie Martin, Director Community Partnerships & Health Outcomes, UVA health, jgm9u@uvahealth.org or (434) 243-8352.