



JCCGW's Coming of Age to Host the 4th Annual Health and Wellness Expo at Leisure World this May

For Immediate Release: April 30, 2013

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ROCKVILLE, MARYLAND – The Jewish Community Center of Greater Washington (JCCGW) Coming of Age (CoA) program is hosting the 4th Annual Health and Wellness Expo on Thursday, May 30, 2013 at Clubhouse 1 in Leisure World. The event will be free to everyone and will be from 10:30am – 3:00pm.

Michael Feinstein, JCCGW Chief Executive Officer said, “We are very proud of our JCCGW Coming of Age program which helps our seniors age in place. We have produced this wonderful event for four years. This year, we are happy to have Mark Shriver joining us to talk about his new book, ‘A Good Man – Rediscovering My Father, Sargent Shriver.’ We are also very pleased to welcome The U.S. Army Dixieland Band as our grand finale concert.” He added, “This is an extremely valuable event to our community and I urge everyone to attend.”

The 4th Annual Health and Wellness Expo is a terrific event held annually, with over 1,000 people attending. Meryl Trachtman, JCCGW's Coming of Age Program Coordinator, said, “We are excited to welcome everyone to this free event.” She added, “We will have over 50 exhibitors, interactive workshops, health screenings, free concert tickets, massages and so much more.”

The 4th Annual Health and Wellness Expo is co-sponsored by Jewish Residents of Leisure World (JRLW) and presented by CoA. Coming of Age is a partnership between the JCCGW, Jewish Social Service Agency (JSSA), Premier Homecare, Jewish Council for the Aging, and is funded by the State of Maryland and the Jewish Federation of Greater Washington.

The JCCGW creates a welcoming and inclusive environment, connecting the people of the Jewish community with each other, Israel, and the broader community. We inspire individuals of all ages and backgrounds to enhance their social, physical, intellectual and spiritual well-being through programs of excellence rooted in Jewish values.

For more information on the 4th Annual Health and Wellness Expo, contact the CoA office at 301-348-3832.