



NEWS RELEASE

York County Public Affairs

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Registration Now Open for 24th Annual Healthy Aging Conference on September 14

“Refocus, Recharge and Re-engage” is being held in Williamsburg

August 23, 2021

The public is invited to attend the free 24th Annual Healthy Aging Conference on Tuesday, September 14 at the Art Museums of Colonial Williamsburg, 326 Francis Street, Williamsburg. The Conference begins at 9 a.m.

Registration is now open and may be completed on the County’s website at www.yorkcounty.gov/parksandrec, by email to parksandrec@yorkcounty.gov – include your name, address, phone number and email address, or by calling Parks and Recreation at (757) 890-3500. Registration deadline is September 10.

The keynote speaker is David Rachal III, Chief Executive Officer and founder of HEALTHFIT. Mr. Rachal’s presentation will be about “The Six Dimensions of Wellness” and how making small improvements can have a big impact on your health. Since 2001, Mr. Rachal has established a reputation for innovative strategies and success in both the medical and fitness industry.

Other topics and speakers include:

- “Warning Signs – Fraud and Abuse” – Stephanie Edwards, York-Poquoson Social Services, and Shawn Smith, Senior Medicare Patrol
- Mental Health Aspects amid COVID-19 – Dan Longo, Colonial Behavioral Health
- Building Your “A” Team – Tina Thomas, Alzheimer’s Association
- “Fun and Fitness” – Nichola Diaz, YMCA of the Virginia Peninsula

In addition to attending these informative presentations, attendees can also browse the vendor area and win door prizes.

For your safety, and the safety of others, face coverings are required and attendees will be asked to social distance and utilize the sanitizing stations available at the conference.

The Hampton Roads Coalition of Agencies includes AARP Virginia, Olde Towne Medical and Dental Center, Peninsula Agency on Aging, Riverside Center for Excellence in Aging & Lifelong Health, Sentara Health and Preventive Service, and York County Parks and Recreation. This conference is made possible in part by Garrett Realty Partners and Colonial Williamsburg.