

# CHARLESTOWN ~ 2024 ~ WELL-BEING EXPO

## STRENGTHEN YOUR HEALTHY LIFESTYLE

**Tuesday, April 23, 2024**  
**Charlestown Square Gallery**



**10:00 a.m. – 10:30 a.m.**

**"Self-Forgiveness—One Approach to Stress Reduction"**

**Jeff Watson, Director of Operations, Corporate**

Jeff was born at the old Georgetown Hospital in Washington DC and grew up in a three-generation home. Through the years, he has learned to love the second season of life. After a first career in ministry and college teaching, Jeff joined Erickson in 1997 to serve as the Resident Life Director at Greenspring (VA), Riderwood (MD), Wind Crest (CO), and Corporate. He is a three-time College Park Terrapin, having earned the M.S. (Family Science), Ph.D. (Health Education), and Doctoral Certificate (Gerontology). Jeff and Nancy have been married for 45 years and can't stop smiling with the blessing of four energetic grandchildren.

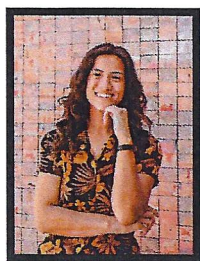


**10:45 a.m. – 11:15 a.m.**

**"Am I Stressed or Depressed or Just Not My Best?"**

**Shannon Miller, Medical Center Social Worker**

Shannon Miller is the Medical Center Social Worker. She started at Charlestown in 2001 and, over the years, has worked in rehab, assisted living, and long term care. She joined the Medical Center in 2018. Shannon received her Bachelor's degree in social work from Frostburg State University in Frostburg, Maryland, and her master's degree from the University of Maryland School of Social Work in Baltimore, Maryland. She is a SMART-Certified Healthcare Practitioner through the Benson-Henry Institute for Mind Body Medicine. Shannon is the mother of two children. She finds joys in balancing her family life with passion for outdoor activities.



**11:30 a.m. – Noon**

**"Another Kind of Balance"**

**Heather Wenz**

**Manager, Fitness and Well-being, Corporate**

Heather Wenz is the Manager of Fitness and Well-Being at Erickson Senior Living. Heather comes from a background of Operations and Event Management. She received her Bachelor's in Exercise Science with minors in Spanish and Gerontology, and got her Master's in Healthcare Management, all from Indiana University. After graduating from her Master's program, she moved to Maryland to pursue her current career with Erickson. Heather enjoys exercise and she is often found in the gym weightlifting, or on the field, playing Ultimate Frisbee with her team.