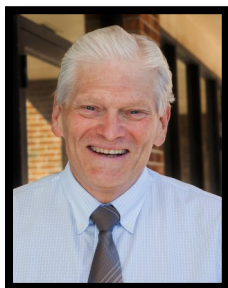


CHARLESTOWN ~ 2025 ~ WELL-BEING EXPO

IT'S NEVER TOO LATE TO EMBRACE A HEALTHY LIFESTYLE

Wednesday, April 9, 2025
Charlestown Square Gallery

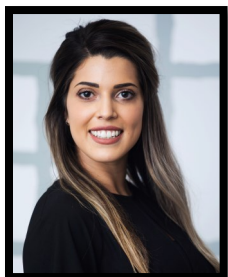


10:00 – 10:30 a.m.

"Forgiveness—Not a Magic Potion for Stress Reduction"

Jeff Watson, Director of Operations, Home Office

Jeff was born at the old Georgetown University Hospital in Washington, D.C. and grew up in a three-generation home. Through the years, he has learned to love the second season of life. After his 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 in the Home Office. 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 nearly 47 years and can't stop smiling with the blessing of four beautiful grandchildren.

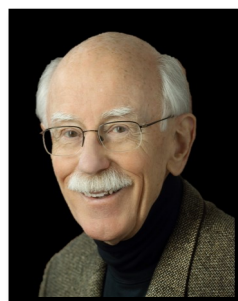


10:45 – 11:15 a.m.

Nourishing Your Years: The Power of Diet in Aging Well

Melanie Garrido RDN, LDN

Melanie is a clinical dietitian with a bachelor's degree in nutritional sciences and a minor in biochemistry. She provides nutrition counseling for individuals with conditions such as diabetes, cardiovascular disease, weight management, and overall balanced eating. Melanie also hosts nutrition episodes on Channel 972 where she highlights new trends, debunks food myths, and provides evidence-based insights. Her goal is to help residents build sustainable relationships with food to support physical and mental well-being.



11:30 a.m. – Noon

"Preserve Your Wellness and Live a Longer, Healthier Life"

Dr. Stephen Schimpff

Steve is a ten-year Charlestown resident, physician, and former University of Maryland Medical Center CEO. He is a graduate of Yale School of Medicine. He trained in internal medicine at Yale, medical oncology at the National Cancer Institute, and infectious diseases at the University of Maryland and the National Institute of Allergy and Infectious Diseases, and is board-certified in each. He spent his career in patient care, medical research, teaching, and multiple leadership roles. Since quasi-retirement, he has authored seven books, including *Longevity Decoded – The 7 Keys to Healthy Aging*. He writes articles that appear on the Charlestown website, and contributes programming on Ch.972 focused on how residents can feel better and live longer with modifications to their lifestyles. He has been married to Carol for 63 years.