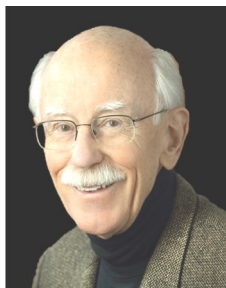


CHARLESTOWN'S 2026 WELL-BEING EXPO: GOOD HEALTH IS NO GOOD WITHOUT WELLNESS

Thursday, April 16, 2026
Chesapeake Dining Room/Cross Creek



10:00 – 10:30 a.m.

"It Is Critical to Maintain Your Muscle Mass and Strength in Order to Enjoy True Wellness"

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 about health and wellness that appear on the Charlestown website, and does frequent programs on Ch.972 with the tag line "It Is Never Too Late"



10:45 – 11:15 a.m.

The Fragility Myth: Why "Be Careful" is Actually Bad Advice

Brian P. Morrison, D.C.

Brian P. Morrison, D.C. Originally from Rochester, NY. **Graduate Education:** 1987 Graduate of Logan College of Chiropractic, St. Louis, MO **Residency:** Chiropractic Family Practice, Lindell Hospital, St. Louis MO 1987-88 **Clinical Practice:** Private Chiropractic Practice: Ellicott City, MD 1988- Present Past Director of Chiropractic Services, University of Maryland School of Medicine, Center for Integrative Health and Healing 2014-2019 **Teaching:** Clinical Faculty University of Maryland School of Medicine, Center for Integrative Health and Healing 2014-2019 Lectures on various topics in manual therapy, pain science, and work-related musculoskeletal disorders for MUIH, International Foundation for Sonography Educators and Researchers, Howard County and Maryland Dental Association, and other county dental associations.



11:30 a.m. – Noon

"Laughter IS the Best Medicine"

Dr. Joe Gagliardi

Dr. Gagliardi earned a bachelor's degree in Sociology and Education from the University of Notre Dame and was subsequently commissioned as an Officer in the US Navy. Upon completion of his tour of duty in Vietnam, Lt.(jg) Gagliardi was assigned to the team that designed and implemented the Navy's Drug and Alcohol Abuse Prevention Program. A graduate of the SUNY Buffalo School of Medicine, he completed his Family Practice Residency at the University of Maryland Hospital. Board-certified in both Family Medicine and Addictions Treatment Medicine, Dr Gagliardi worked at the Patuxent Medical Group for 20 years. From 1986 to 2020, he also served as adjunct assistant professor at the University of Maryland School of Medicine, teaching addictions issues to medical students. In 2008, he founded a free medical clinic at the Grassroots Day Resource Center in Jessup, Md. For 12 years, he and his volunteer medical staff provided free medical care to the indigent and homeless population of Howard County.