

JCCNV, JSSA, JCA and JIRS *present*  
**The 2nd Annual Positive Aging Fair**  
**“Expanding Our Horizons”**

Thursday, June 12  
9:30 a.m. -2:00 p.m.

Jewish Community Center of  
Northern Virginia (JCCNV)  
8900 Little River Turnpike  
Fairfax, VA 22031

**\$8.00 JCC members**  
**\$10.00 non-members**

Price includes morning refreshments  
and a light Kosher lunch

**\$5.00 walk-in registration (no lunch)**

To register, contact the JCCNV  
at 703-323-0880  
Code: 153/2AF/JUN12

Registration deadline to include lunch:  
Thursday June 5, 2008

**Please note:**

If you require transportation for  
this event, contact Patti at  
JCA's Connect-a-Ride at  
703-323-6494



Jewish Social Service Agency

For more information about  
this event please contact  
Pam McDonald, MSW at JSSA,  
703-204-9100

For the best in child, family and  
aging services...Think JSSA

Join JSSA, JCCNV, JCA, JIRS and other area agencies in  
exploring opportunities for older adults to create healthy, meaningful  
and active retirements

Keynote Speaker  
**Dr. Harry R. Moody**

Director of Academic Affairs, AARP and author of  
*The Five Stages of the Soul*. Dr. Moody will speak on the topic of  
“Discovering Your Creativity in the Second Half of Life.”

**Featuring Workshops on the following topics (choice of 2):**

Senior Moments? What To Do!  
How to Stay Connected When You Can No Longer Drive  
Travel Tips for Seniors  
Just Relax!: Reducing Stress to Promote Healthy Aging

**Program Schedule:**

9:30-10:00 a.m.	Registration, booth viewing and book signing with Dr. H.R. Moody
10:00-10:15 a.m.	Welcome
10:15-11:00 a.m.	Keynote speaker: Dr. H.R. Moody
11:00-11:45 a.m.	Morning workshops
12:00-12:15 p.m.	Shalom Yoga for Seniors
12:15-1:00 p.m.	Lunch and musical entertainment
1:00-1:45 p.m.	Afternoon workshops
1:45-2:00 p.m.	Raffle and closing summary

**Other participating agencies and sponsors:**

Arlington, Alexandria and Fairfax County Area Agencies on Aging,  
Attorney General of Virginia, Northern Virginia Resource Center, CVS,  
Inova Hospital Systems, Northern Virginia Community College,  
Chesterbrook Residences, Erickson Communities, Retirement Living TV, AARP,  
Shalom Yoga, Silver Sneakers, Fairfax Corner Movie Theaters and others!



[www.jssa.org](http://www.jssa.org)

