



## **The Center at Belvedere Showcases Every Dimension of Wellness at Active Aging Week 2024**

### **For Immediate Release**

CHARLOTTESVILLE, VA (September 4, 2024) – The Center at Belvedere will participate in Active Aging Week 2024 (September 28–October 4) with a series of events designed to promote multidimensional wellness for older adults. The week begins with the Active Aging Fair on Saturday, September 28, from 10:00 am to 2:00 pm, offering a comprehensive range of programming and resources to support healthy aging. Throughout the week, The Center will host daily themed activities and keynote presentations addressing key aspects of wellness, including Physical, Environmental, Intellectual, Emotional, Spiritual, Social, and Vocational dimensions.

Active Aging Week, held the first week of October each year, is a nationally recognized event organized by the International Council on Active Aging (ICAA) to emphasize the importance of healthy aging through a holistic approach. This year, The Center's programming will delve into how each dimension of wellness contributes to overall well-being, offering older adults ages 50 and up opportunities to engage in activities that can enhance their quality of life.

The Active Aging Fair will serve as the cornerstone event, featuring more than 45 local businesses and organizations that provide essential services and resources for older adults in the Charlottesville area. From elder law and home safety to nutrition and brain health, the fair offers attendees a single-stop hub of information tailored to support every aspect of aging well. Attendees will have the chance to attend several expert-led information sessions, tour The Center's state-of-the-art facility, and win door prizes, including a three-night stay at Massanutten Resort.

Throughout the following week, The Center will offer daily keynote presentations and special programs designed to explore the different Dimensions of Wellness. For example, Monday's focus on Physical Wellness will include a session led by Jocelyn Reeder, DPT, from ACAC, who will offer practical guidance on the markers of good health central to optimal aging. Tuesday will shift the focus to Environmental Wellness with a presentation on the health benefits of gardening by Fern Campbell of Piedmont Master Gardeners. Each day will feature similarly themed events, ensuring a well-rounded approach to healthy aging.

"Active Aging Week is a powerful reminder that healthy aging goes beyond physical fitness," says Melanie Benjamin, Executive Director of The Center at Belvedere. "By embracing all the Dimensions of Wellness—whether it's fostering social connections, engaging in lifelong learning, or nurturing our emotional and spiritual health—we empower older adults to live their lives to the fullest. This week is a celebration of the vibrant, multidimensional lives our members lead, and we're proud to be at the forefront of this national movement to care for the whole person."

All events are free and open to the public. Individuals who are not members of The Center at Belvedere can register for a free Active Aging Week Pass to participate in weekday programming.

A full schedule of events is available at [thecentercville.org](http://thecentercville.org).

To request interviews or more information, please contact Marketing Manager Danielle Bricker at [danielle@thecentercville.org](mailto:danielle@thecentercville.org)

**About The Center at Belvedere**

The Center at Belvedere is a nationally accredited, award-winning nonprofit organization that creates opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning. With a mission to empower older adults to age to their fullest potential, The Center is at the forefront of promoting a holistic approach to healthy aging.