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**FOR IMMEDIATE RELEASE**

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**Senate President Karen Spilka's Health and Wellness Fair Broadens to Serve  
Active Seniors and Their Families**

*Return to in-person fair will include fun and informative activities for residents aged 55+*

(BOSTON – 08/26/2022) State Senate President Karen E. Spilka's annual health and wellness fair returns to an in-person format with a revised name, a broadened focus that includes active older adults, a streamlined registration process, and an invitation for younger generations to accompany older family members to the event slated for October 22, 2022.

Called the Senior Health & Wellness Fair since its 2011 inception, the event has been renamed *Senate President Spilka's 55+ Fair: Health and Wellness for Active Agers and Those Who Love Them*. The popular event, open to all residents of the MetroWest region, will continue to offer fun and informative activities as well as food, live music, vendors, and prize drawings at its venue at Keefe Technical School in Framingham.

Workshops and other activities will broaden to focus on other aspects of wellness, such as outdoor recreation, mental health resources, job-searching, and family decision-making, such as estate planning and senior housing options. Attendees can participate in artmaking, crafting, and fitness activities.

“With a significant percentage of our residents now aged 55 and older, we are designing the Fair to connect them with a variety of communities resources that improve quality of life,” said **Senate President Karen E. Spilka (D-Ashland)**. “As we return to an in-person fair, mental health strategies and other tools for wellbeing and community connectedness are more critical than ever – for older adults as well as for people who love them.”

To give attendees greater flexibility in choosing the Fair workshops they will attend, registration has been streamlined this year. Beginning September 15, residents may register on [karenspilka.com](http://karenspilka.com), where they will be able to read about the workshops but not have to choose which they'll attend until the day of the event. Registration is not mandatory, but meals and workshop seating are not guaranteed for non-registrants.

Senate President Spilka's 55+ Fair is scheduled to be held in-person at Keefe Regional Technical School, at 750 Winter Street in Framingham, on October 22, 2022. Residents are encouraged to call the office of Senate President Spilka at (617) 722-1500 with questions.

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