

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
August 2026



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, August 5, 2026: *Eating Well on a Budget*

Did you know that food prices have increased by nearly 20% over the past five years? For many older adults, this increase is making it harder to maintain a healthy diet, forcing some to choose less expensive, less nutritious foods over fresh fruits and vegetables, lean proteins, and dairy products. Join Renee Afryka, MS, RDN, LD, nutritionist at Giant Food and author of the book "Affordable Healthy Food", for an informative presentation on how to eat well without overspending. Leslie will share smart shopping strategies, budget-friendly meal planning tips, and healthy food choices that can help seniors stretch their dollars while supporting their health and well-being.

Wed, August 12, 2026: *Gambling Addiction*

For many seniors, gambling is more than just a game—it's a chance to socialize, stay active, and enjoy a sense of community through activities like church bingo and casino outings. Yet beneath the excitement, gambling can also lead to serious consequences, including financial hardship, emotional distress, and strained family relationships. Join Heather Eshleman, Director of Operations at the University of Maryland Center of Excellence on Problem Gambling, for an informative presentation on making decisions about gambling. She will discuss how to recognize warning signs of problem gambling, strategies for reducing risk, and resources available for individuals and families seeking support.

Wed, August 19, 2026: *Mason District Arts Council*

The Mason District Arts Council is a vibrant community organization that brings together writers, visual artists, musicians, performers, and arts enthusiasts to celebrate the rich cultural diversity of Fairfax County's Mason District. Through a year-round calendar of workshops, concerts, exhibitions, and performances, the Council showcases the creativity and multicultural traditions that make the district unique. These events culminate in the annual Mason District Arts Festival, a lively celebration of local talent and artistic expression. James Albright, Chairman of the Mason District Arts Council, will share how the organization is fostering connections through the arts, supporting local artists, and raising awareness of the remarkable creative talent that calls Mason District home.

Wed, August 26, 2026: *What is Lifestyle Medicine?*

Lifestyle Medicine (LM) is the use of a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease. These six pillars are the foundation of LM. Most medical care is reactive — it responds to disease after it develops. LM is different. It uses advanced cardiometabolic risk assessment and the science of healthy longevity to identify where your health is heading and intervene before disease takes hold. If chronic conditions are already present, the same approach can slow, stop, or reverse their progression. Brad B. Moore, MD, MPH, FACP, Dip. ABLM, Executive Director, Lifestyle and Longevity Medicine.



More information and how to join via Zoom can be found at
ANVarlington.org/events



For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit ANVarlington.org