



FOR IMMEDIATE RELEASE

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Sam Coleman Elected President of Senior Boomer Expo Board

Sam Coleman was recently named president of the Senior Boomer Expo board of directors. Coleman will serve a two-year term. Senior Boomer Expo is Middle Tennessee's largest health and lifestyle event for people over 50. The event is expanding its mission to include year-round community outreach, as well as dietary and wellness education.

"As I see the contributions that older adults make to our society, I am reminded of the freedom and opportunities that my family and I enjoy. It is for that very reason, I am extremely proud and excited about the growth of Senior Boomer Expo and the citizens we are serving," says Coleman.

Coleman, an attorney at law, is a Nashville council member who serves the 32nd district in Antioch. He works as a security specialist for the Tennessee Department of Children's Services. Coleman is heading up the 2008-2009 Senior Boomer Expo board, which includes Ernestine Bowers, Greater Nashville Regional Council Area Agency on Aging; Maribeth Farringer, Council on Aging; Diane Neighbors, Vanderbilt Child & Family Centers; and Jane Hamrick, Mid-Cumberland Human Resource Agency.



Senior Boomer Expo is set for Wednesday, October 8, 2008 at the Tennessee Fairgrounds. The expo will run from 9 a.m. – 3 p.m. and 5 p.m. – 8 p.m. The theme of this year's Senior Boomer Expo is "Healthy Living."

The annual event promotes the richness of healthy living by offering participants access to health screenings, live entertainment, and the best experts for fitness, home & lifestyle information. For more information, call 615-254-0250 or go to www.seniorboomerexpo.com.

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