



CAREERS IN AGING WEEK



Judy Maberry, M.Ed.

Judy Maberry, Health & Fitness Coordinator for the Adult Medical Day program at the League for People with Disabilities, is an energetic and compassionate leader with over 30 years of experience in health education and fitness instruction for seniors and people with disabilities. She has worked with the League for People for over 25 years as a certified fitness and wellness instructor and aquatic therapy specialist. As a dynamic health educator, Judy focuses on possibilities instead of limitations to empower her clients most effectively, while cultivating meaningful and impactful relationships along the way. Judy has also worked with Medstar Franklin Square Hospital for 20 years, leading a senior health education and exercise program, and over 30 years instructing aqua fitness courses for primarily seniors at CCBC. In addition to her decades of experience in health and fitness education, Judy has a Master of Education in Athletic Administration from Goucher College.



THE ERICKSON SCHOOL
OF AGING STUDIES