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STATE FAIR event NEWS and PHOTO OP

**The 15th Annual State's Largest Senior Stretch & Stroll is Thursday, Aug. 31,
at the Minnesota State Fair**

**UCare, Volunteers of America, and SilverSneakers®
invite fair goers to all-day fitness, fun and music at
the Minnesota State Fair on Seniors Day**

WHAT: The 15th Annual State's Largest Senior Stretch & Stroll event on Seniors Day at the Minnesota State Fair.

The event is cosponsored by UCare, Volunteers of America (VOA), and SilverSneakers. WCCO radio's Dave Lee and UCare staff host the program.

Opening with popular tunes from the Pearl Brothers band, the morning Stretch & Stroll features flexibility and strengthening exercises for older fair goers, plus health and wellness giveaways.

The afternoon activities continue with music from the Pearl Brothers, multi-cultural dancing and fitness activities for all ages.

WHERE: Dan Patch Park, just south of the Grandstand on the Minnesota State Fairgrounds.

WHEN: Thursday MORNING

Stretch & Stroll / Dan Patch Park stage

9-10 a.m. The Pearl Brothers perform '60s, '70s and '80s music

10-10:45 a.m. Stretch & Stroll program, featuring SilverSneakers

10:45-11:45 a.m. The Pearl Brothers perform

Thursday AFTERNOON

Dance, Music, Fitness / Dan Patch Park stage

12-5 p.m. - Stretching exercises

- Chini Latin dance

- Pearl Brothers music
- Fitness for baby boomers
- Gotta Step dancers

Dan Patch Park Information Tent
9 a.m.-5 p.m.

DETAILS:

The State's Largest Senior Stretch & Stroll was created and held by UCare at the Fair in 2003. It has become a popular and annual State Fair tradition.

The event helps participants learn the importance of incorporating health and fitness activities into their daily routines.

Stretch & Stroll participants will receive a folding sun protection hat, string backpack, and inflated exercise balls during the morning program. The afternoon program will feature several health and wellness giveaways.

KEY GUESTS:

Mark Traynor, Interim President and CEO, UCare

Wayne Olson, Senior Vice President of Healthcare Operations and Development, VOA

Lisa Austen, Senior Account Specialist, Client Relations, SilverSneakers

Stretch & Stroll sponsors:

UCare (www.ucare.org) is an independent, not-for-profit health plan providing health care and administrative services to more than 360,000 members. UCare partners with health care providers, counties, and community organizations to create and deliver innovative Medicare and Medicaid programs, and products for Minnesotans shopping on MNSure.

Volunteers of America (www.voa.org) is a national, not-for-profit, faith-based organization dedicated to helping people in need rebuild their lives and reach their full potential.

Healthways SilverSneakers Fitness program (www.silversneakers.com) offers the nation's leading community fitness program specifically designed for older adults.

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