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**STATE FAIR event NEWS and PHOTO OP**

**The 14th Annual State's Largest Senior Stretch & Stroll is Thursday, Sept. 1,  
at the Minnesota State Fair**

**UCare, Volunteers of America, and Healthways SilverSneakers® Fitness program invite fairgoers to full day of  
“stretch and stroll” and health and wellness programming  
at the Minnesota State Fair on Seniors Day**

**WHAT:** The 14th Annual State's Largest Senior Stretch & Stroll event on Seniors Day at the Minnesota State Fair.

The entire event is cosponsored by UCare, Volunteers of America (VOA), and Healthways SilverSneakers Fitness Program. Kevyn Burger will host the program.

The morning Stretch & Stroll is open to the public; however, it is aimed at advancing fitness and wellness among people age **55-plus**.

The afternoon programming offers 12 interactive health and wellness demonstrations, “Doc Talks” and information **for all ages**.

**WHERE:** Carousel Park, located just south of the Grandstand on the Minnesota State Fairgrounds in St. Paul.

**WHEN:** **Thursday MORNING**

**Stretch & Stroll / Carousel 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**

**NEW:** Health and wellness programming / Carousel Park stage

**12-5 p.m., every half hour with audience engagement**

- “Doc Talks” on health, travel, posture, medications, sleep, dental care, late-life choices, clinic use
- Interactive pickleball, tai chi, pet therapy, and instructor-led fitness activities

**Carousel 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 and fairgoers 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:**

**Jim Eppel**, President and CEO, UCare

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

**Michael Petruzzelli**, Senior Account Specialist, Client Relations, SilverSneakers

**Stretch & Stroll sponsors:**

**UCare** ([www.ucare.org](http://www.ucare.org)) is an independent, nonprofit health plan providing health care and administrative services to more than 150,000 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 the MNSure health care marketplace.

**Volunteers of America** ([www.voa.org](http://www.voa.org)) is a national, nonprofit, faith-based organization dedicated to helping people in need rebuild their lives and reach their full potential.

**Healthways SilverSneakers Fitness program** ([www.silversneakers.com](http://www.silversneakers.com)) offers the award-winning SilverSneakers Fitness Program, the nation’s leading exercise program designed exclusively for older adults.

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