



COUNTY OF SAN DIEGO

MEDIA ADVISORY

FOR IMMEDIATE RELEASE

June 2, 2011

CONTACT: Denise Nelesen (858) 505-6474
Day of Event: (619) 823-9319

MEDIA ADVISORY

'BLUE ZONES' AUTHOR KEYNOTES HHSVA VITAL AGING EVENT *1,000 Older Adults Ready to Keep in Step With Their Health*

- WHO:** **Dan Buettner**, National Geographic explorer and author of "The Blue Zones" and "Thrive -- Finding Happiness the Blue Zones' Way"
Supervisor Pam Slater-Price, San Diego County Board of Supervisors, Dist. 3
Nick Macchione, Director, San Diego County Health and Human Services Agency
1,000 participants, mostly older adults
- WHAT:** This year's theme is *Vital Aging: Keeping in Step with Your Health?* Focused on health and fitness as you get older, this event also includes outdoor workshops such as Tai Chi, yoga, the Feeling Fit Club, and Master Gardeners talking about growing your own produce, and more. There will also be health/fitness exhibit tables, and a free, healthy lunch.
- WHEN:** 9:00 a.m. to 2:30 p.m.
Friday, June 3
Dan Buettner will be speaking to audience twice: 11:15 a.m. and 12:30 p.m. and will be available for interviews from 1:30 to 2 p.m.
- WHERE:** Liberty Station, McMillin Center, 2875 Dewey Rd., San Diego 92106
- WHY:** The conference is coordinated by the San Diego County Health and Human Services Agency's Aging & Independence Services (AIS), which is committed to promoting healthy life choices for all older adults. Good nutrition, regular physical activity, relaxation, social involvement and just having fun help ensure that people remain in good health.

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