



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE

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IS THERE AN AGE LIMIT FOR Wii PLAYERS?

San Diego County Health & Human Services Agency and Library partner to deliver a Month-long Learning Festival for Seniors

Do you want to learn more about gardening, the Nintendo Wii, brain fitness, sudoku, healthy eating and more? May is Older American's Month and the San Diego County Library and the Health and Human Services Agency's Aging & Independence Services (AIS) are partnering on a month-long Learning Festival for seniors. Each of the County Library branches will have interesting and fun programs of particular interest to older adults.

"As we get older, those who continue to challenge themselves mentally and physically live longer and healthier lives," says Chairwoman Dianne Jacob, County Board of Supervisors, District 2. She will be attending a kickoff for the Learning Festival at 10 a.m. Thursday, April 30, at the Poway Branch Library, 13137 Poway Rd., Poway. Jacob and Supervisor Pam Slater-Price hosted the Aging Summit last year that focused on the issue of Lifelong Learning where the idea for the Learning Festival was born.

Family caregivers will receive special attention, too, during the month-long Learning Festival, as several County Library branches will have programs designed particularly for them, with respite services available so their loved ones have assistance while the caregivers get a break.

To find out about the Learning Festival programs near you, see www.learningfestival.org or call the County Library main office at (858) 694-2415.

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