



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE
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COUNTY CELEBRATES OLDER AMERICANS MONTH *Special Programming Honors Seniors; Includes Health Fair and More*

The San Diego County Library and the County Health & Human Services Agency's (HHS) Aging & Independence Services are partnering to present a variety of programs throughout May to salute Older Americans Month. The programs – ranging from a health fair to fitness programs – will be held at County Library branches throughout the County.

One of the highlights is a Health Matters information fair to be held from 1 to 4 p.m. Thursday, May 17, at the El Cajon Ronald Reagan Community Center and El Cajon Branch Library, 198 E. Douglas Ave. The program will include repeating workshops on fall prevention, nutrition and diabetes, plus a balance and yoga class. There will be diabetes screenings, plus healthy snacks and drawings. The event is free and no RSVP is required.

Other participating organizations and/or sponsors for Health Matters include: AARP, Alzheimer's Association, the East County Community Action Network, Family Health Center of El Cajon, George G. Glenner Alzheimer's Family Centers, Inc., Lakeside Recreation Department, Meals on Wheels of East County, Parkinson's Disease Association, County Public Health, Salvation Army, Silver Age Yoga, Sharp HealthCare, the ARC of San Diego and East County, Sprouts Farmers Market in El Cajon, Pureflo, and the Family Cameron and Davis YMCA.

For more information, or to locate Older Americans Month programs throughout the County, see the County Library Web site: www.sdcl.org and look under "Calendar of Events" for May, or call (858) 694-2415 to get the phone number for any particular branch.

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