



**MEDIA CONTACT:**

Deanne Probst

612-676-3630

[dprobst@ucare.org](mailto:dprobst@ucare.org)

**FOR IMMEDIATE RELEASE:**

**Aug. 22, 2011**

**The State's Largest Senior Stretch & Stroll  
set for Sept. 1 at Minnesota State Fair**

***UCare and Volunteers of America invite 1,000 fairgoers  
to 'stretch and stroll'***

***at the Minnesota State Fair on Seniors Day;***

***UCare sponsors multicultural music, dance in Carousel Park***

**WHAT:** The 9<sup>th</sup> Annual State's Largest Senior Stretch & Stroll event on Seniors Day at the Minnesota State Fair.

While the Stretch & Stroll is open to the public, its program and afternoon events advance fitness and wellness among people age 55-plus.

The event is cosponsored by [UCare](#) and [Volunteers of America](#).

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

**WHEN:** Thursday, Sept. 1, 2011

**Registration / Carousel Park stage program**

**9-10 a.m.** Barbary Coast Dixieland Band

**9:30 a.m.** Registration lines open

**10-11 a.m.** Event program on stage with EnhanceFitness

**11 a.m.** Stroll the Fairgrounds!

**Carousel Park information Tent**

**9 a.m. – 12 p.m.**

"What's Your Spin on Medicare?" game

"Are Your Ducks in a Row?" game

Free blood pressure checks

Falls Prevention display

**9-5 p.m.**

Free hearing screenings with EPIC Hearing Health Care Network and Unitron  
Learn about Lutheran Social Service's [Senior Companion Program](#), provided by UCare

**12-3 p.m.**

["Ask a UCare Expert"](#) - UCare physicians and pharmacists will answer health questions.

**Carousel Park Stage, 11:45 a.m. to 5 p.m.**

<b>11:45 a.m.</b>	<i>Sabathani Senior Still Kickin' Dancers</i>
<b>12:30 p.m.</b>	<i>Hmong Peace Dancers</i>
<b>1 p.m.</b>	<i>Ain Dah Yung – Youth Drum/Dancers</i>
<b>2 p.m.</b>	<i>Greater Mount Vernon Inspirational Choir</i>
<b>3 p.m.</b>	<i>Harvest Preparatory Academy Steppers</i>
<b>4 p.m.</b>	<i>Aztec Dance Group</i>

**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 fitness activities into their daily routines. They also learn why it's important to stay mentally fit, and involve themselves in their communities through outreach and volunteer activities.
- The first 1,000 participants will receive free door prizes, including a T-shirt, tote bag, self-powering flashlight, exercise DVD and color instruction booklet, and shoelaces.

**KEY GUESTS:**

**Nancy Feldman**, President and CEO, UCare

**Ghita Worcester**, Senior Vice President, UCare

**Wayne Larson**, Senior Vice President of Health Care Service, VOA

**SPONSORS:**

**UCare** ([www.ucare.org](http://www.ucare.org)) is an independent, nonprofit health plan providing health care and administrative services to more than 230,000 members. UCare partners with health care providers, counties, and community organizations to create and deliver innovative health coverage products for:

- Individuals and families enrolled in income-based Minnesota Health Care Programs, such as MinnesotaCare and Prepaid Medical Assistance Program.
- Adults with disabilities and Medicare beneficiaries with chronic health conditions,
- Minnesotans dually eligible for Medical Assistance and Medicare.
- Medicare-eligible individuals throughout Minnesota and in western Wisconsin.

UCare addresses health care disparities and care access issues through its UCare Fund grants and a broad array of community initiatives. The health plan received Top 100 Workplace honors in 2010 and 2011 from the *Star Tribune*.

**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.

Through thousands of human service programs, including housing and healthcare, VOA helps more than 2 million people in more than 400 communities in 44 states.

###