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The State's Largest Senior Stretch & Stroll set for Sept. 3

One thousand-plus fairgoers to 'stretch and stroll' at the Minnesota State Fair on Seniors Day

MINNEAPOLIS (Aug. 24) -- More than 1,000 seniors wearing lime green T-shirts will gather at the [Minnesota State Fair](#) on Thursday, Sept. 3, for the 7th annual [The State's Largest Senior Stretch & Stroll](#).

The event will again take place in Carousel Park, located just south of the Grandstand on the fairgrounds in St. Paul. While the event is open to the public, it is directed at people age 55-plus and held to coincide with [Seniors Day at the Fair](#).

Details:

Thursday, Sept. 3, 2008 – Seniors Day at the Fair

9:30 a.m. -- Registration lines open; live music and sing-along.

10 a.m. -- Program begins on stage.

10:45 a.m. -- Stroll kick-off – seniors walk the fair.

SENIOR
Stretch
& Stroll

In a program and using items provided by event co-sponsors [UCare](#), [Volunteers of America](#) (VOA), and [HealthEast Care System](#), Senior Stretch & Stroll participants will learn how to safely stretch their muscles before strolling the fairgrounds that day. They'll also learn how to stretch their bodies, minds, and themselves with information from the event.

The first 1,000 seniors will receive a free event T-shirt, resistance exercise band, reusable/eco-friendly canteen bottle with sling, prize certificate, and a State Fair Walking Map with three mapped routes. Participants who walk 2,000 steps or follow one of the routes can return to Carousel Park by 4 p.m. to redeem their prize certificate and be entered into a raffle drawing.

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The Senior Stretch & Stroll, created and held by UCare at the Fair in 2003, has become a popular and annual State Fair tradition. It encourages seniors to be active by adding walking or stretching exercises to their day. At it, 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.

An information tent in the park will offer materials and items from VOA and HealthEast. Participants and passersby will enjoy LIVE music and a sing-along while registration is underway.

About [UCare](#):

UCare is an independent, nonprofit health plan providing health care and administrative services to more than 175,000 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.

About [VOA](#):

Volunteers of America (VOA) is a national, nonprofit, faith-based organization dedicated to helping those 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.

About [HealthEast](#):

HealthEast Care System is the largest health care provider in the Twin Cities' east metro area. From prevention to cure, HealthEast meets the needs of the community with a blend of traditional medicine and integrative therapies. Throughout its hospitals, clinics and outpatient services, HealthEast is dedicated to offering new technology and compassionate care. It's guided by a rich, faith-based heritage and focused on the future.