



# Board of Supervisors

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### **12<sup>th</sup> Annual Healthy Living Festival pushes for Countywide Older Adult Plan**

OAKLAND, CA September 17, 2015\_ More than 2,000 seniors throughout Alameda County will converge at the Healthy Living Festival on September 17, 2015 to take collective action urging the County to develop and adopt a comprehensive senior plan.

“All of us want to have a good quality of life as we grow old that is why I support an Older Adult Countywide Integrated and Comprehensive Plan.” said Supervisor Nate Miley.

The 12<sup>th</sup> Annual event organized by the United Seniors of Oakland and Alameda County is free and will be held Thursday from 8 a.m. to 12 p.m., at the Oakland Zoo, 9777 Golf Links Road. The Healthy Living Festival is the largest health and resource fair in Alameda County for seniors, organizations and individuals who support. The Festival is designed for civil action and involvement as well as a healthy and fun-filled event with nearly 100 educational and resource booths promoting healthy living and successful aging. Additional planned activities include health screenings, medication take back, Tai Chi, Zumba, and an action to raise more funding for home delivered meals to seniors.

“Oakland Zoo is once again proud to host the annual Healthy Living Festival,” said Nik Dehejia, CFO at Oakland Zoo. “We are excited to provide access to the Zoo for participants and to provide a fun and engaging venue for seniors and their families to be active, see Zoo animals, and learn about ways to live a healthy life.”

This year’s festival invites seniors to complete surveys that identify their needs and also indicate their support for more funding for senior meals.

For more information about the Health Living Festival and USOAC, visit <https://www.usoac.org/>

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