



# Healthy Living Festival

FOR IMMEDIATE RELEASE:

September 10, 2018

CONTACTS:

Kamika Dunlap (510) 381-9017 [kamika.dunlap@acgov.org](mailto:kamika.dunlap@acgov.org)

Paul Sanftner (510) 969-6355 [paul.sanftner@acgov.org](mailto:paul.sanftner@acgov.org)

## **United Seniors of Oakland and Alameda County Commemorate 15th Anniversary of the Healthy Living Festival**

OAKLAND, CA – This year marks a milestone anniversary of the 15<sup>th</sup> Annual Healthy Living Festival (HLF). Organized by the United Seniors of Oakland and Alameda County, HLF has become the largest free health resource fair for seniors. It's also known for a strong focus on engaging older-adults in advocacy and civic engagement.

“The Healthy Living Festival has grown into a tradition,” said USOAC President and Alameda County Supervisor Nate Miley. “The goal is to promote successful aging and provide opportunities to push for crucial services needed for our senior community.”

The event on **Thursday, September 13<sup>th</sup> from 8am-2pm hosted at the Oakland Zoo, 9777 Golf Links Road** is home to 700 native and exotic animals. It also features the 56-acre California Trail Expansion and a custom gondola transportation system. Seniors will be able to ride for free.

At the HLF, seniors will be mobilizing to urge political leaders to champion new investment in the aging services that so many older adults rely on. Solutions that improve access to food, housing, healthcare, pedestrian safety, cash assistance and supportive services have powerful positive impacts on seniors' economic security.

According to UCLA Center for Health Policy Research, 47 percent of Californians age 65 plus do not have enough income to meet their most basic needs. In Alameda County, half of all seniors struggle to make ends meet and many are one health crisis away from disaster.

HLF organizers said the venue is designed for seniors to participate in a letter writing campaign to send urgent messages to their local, state and federal representatives advocating for more health and supportive services, organizers said.

More than 2,000 seniors from Oakland from all over Alameda County are expected to attend. The aim is to make advocacy fun and give seniors an opportunity to stay physically active. The festival includes health screenings, medication take back, musical entertainment, Tai Chi, Zumba and free entrance into the zoo.

“Older adults play a key role in addressing community issues,” said Wendy Peterson, Director of the Senior Services Coalition, which has supported the HLF over the years. “If our state invests more in aging services, it'll be serving all of us, no matter what age.”

For more information please visit the USOAC <https://www.usoac.org/> web site to register. Cut and paste the link into your browser to view the HLF promotional video <https://www.youtube.com/watch?v=Z744-yD0hRY&feature=youtu.be>