



*City of Arts & Innovation*

# PRESS RELEASE

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## **FOR IMMEDIATE RELEASE**

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## **SENIOR HEALTH AND FITNESS EXPO IS COMING TO RIVERSIDE** *Education event on senior health to be held at Bordwell Park*

RIVERSIDE, CA –

Seniors, ages 55 and better are invited to the annual Eastside Senior Health and Fitness Expo on Thursday, August 23 located at Bordwell Park – 2008 Martin Luther King Blvd. The event is hosted by the City of Riverside Parks, Recreation and Community Services Department and the Eastside HEAL (Healthy Eating and Active Living) Zone. The Eastside Senior Health & Fitness Expo provides an informational, safe, positive and enjoyable event for seniors as they receive resources, strategies and nutrition education. The event mission is to expand community health for seniors with an emphasis on increased consumption of fruits, vegetables, water, and physical activity while also focusing on identifying obstacles that seniors may face during the aging process that can be averted with proven effective methods. In addition, the Eastside Senior Fitness Expo provides an open forum for the senior community to celebrate a day of Healthy Eating and Active Living.

The event begins at 8:30 a.m. with a brisk walk through Bordwell Park along the walking trail and continues in Stratton Community Center with informational sessions, dancing, demonstrations, interactive exercises, health screenings, as well as presentations from the Alzheimer's Association, Y.A.N.A. and other agencies until noon. Lunch will be provided to all senior participants.

For additional information, contact Paula Holden-Mitchell at 951.826.2083 or email at [Phmitchell@riversideca.gov](mailto:Phmitchell@riversideca.gov).

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## **About Riverside**

As the City of Arts & Innovation, Riverside, California is rich in history and culture, and is setting the pace in innovative practices for government, business and education. With a population of just over 300,000, Riverside is the largest city in the Inland Southern California region, the 12th largest city in California, and the 6<sup>th</sup> largest in Southern California. Riverside is home to four internationally recognized universities and colleges that support a growing college student population of nearly 50,000. Businesses and residents in Riverside benefit from city-owned electrical and water systems, high-speed fiber optic telecommunications, an easily-accessed freeway system, BNSF and UP rail access, and a large corporate jet and general aviation airport.

With standards of excellence in technology, workforce development, arts, innovation, education and social capital the City has been named America's #2 Hot Spot for Tech (Forbes, 2013); #6 Happiest Place for Young Professionals (Forbes, 2013); #3 'Can Do' Capital (Newsweek, 2011); and the 2012 Intelligent Community of the Year by the Intelligent Community Forum.

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