



MEDIA CONTACT:

Wendy Wicks, UCare

wwicks@ucare.org

612-676-3567 (work) 612-306-3698 (cell)

FOR IMMEDIATE RELEASE: Aug. 29, 2018

STATE FAIR event NEWS and PHOTO OP

The **UCare Stretch & Stroll** is Thursday, Aug. 30,
at the **Minnesota State Fair**

**UCare and SilverSneakers[®] invite fair goers to
all-day fitness, fun and music at
the Minnesota State Fair on Seniors Day**

WHAT: The [UCare Stretch & Stroll](#) event on Seniors Day at the [Minnesota State Fair](#).

The event is cosponsored by [UCare](#) and [SilverSneakers](#). WCCO Radio's [Dave Lee](#), KARE 11 TV's [Bobby Jensen](#) and UCare staff host the program.

Opening with popular tunes from the Pearl Brothers band, the morning Stretch & Stroll features flexibility and strengthening exercises for older fair goers, plus health and wellness giveaways.

The afternoon activities continue with music from the Pearl Brothers, multi-cultural dancing and fitness activities for all ages and a special segment on gardening as we age from KARE 11 TV's Bobby Jensen.

WHERE: Dan Patch Park, just south of the Grandstand on the Minnesota State Fairgrounds.

WHEN: **Thursday MORNING**

Stretch & Stroll / Dan Patch Park stage

9-10 a.m. The Pearl Brothers perform '60s, '70s and '80s music

10-10:45 a.m. Stretch & Stroll program, featuring SilverSneakers

10:45-11:45 a.m. The Pearl Brothers perform

Thursday AFTERNOON

Dance, Music, Gardening / Dan Patch Park stage

12-5 p.m. Irish Dance instruction
Gotta Step line dancers
Pearl Brothers music

Gardening for retirees
Chini Latin dance

Dan Patch Park Information Tent
9 a.m.-5 p.m.

DETAILS:

The UCare 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 learn the importance of incorporating health and fitness activities into their daily routines.

Stretch & Stroll participants will receive a packable sun hat, string backpack, hand fans, sunglasses and inflated exercise balls during several health and wellness giveaways throughout the day.

KEY GUESTS:

Mark Traynor, President and CEO, UCare

Jeff Prendergast, Territory Manager MN & IA, Client Relations, SilverSneakers

Stretch & Stroll sponsors:

UCare (www.ucare.org) is an independent, nonprofit health plan providing health care and administrative services to more than 400,000 members. UCare partners with health care providers, counties and community organizations to create and deliver innovative Medicare and Medicaid programs, and plans for Minnesotans shopping on MNSure.

Tivity Health SilverSneakers Fitness program (www.silversneakers.com) offers the nation's leading community fitness program specifically designed for older adults.

#