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**STATE FAIR event NEWS and PHOTO OP**

**The UCare Stretch & Stroll is Thursday, Sept. 2,  
at the Minnesota State Fair**

***UCare invites fair goers to enjoy  
fitness, fun and music safely outside  
at the Minnesota State Fair on Seniors Day***

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

Opening with sing-along 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, Tai Chi, line dancing and more fitness fun.

Attendees are encouraged to wear masks and keep a social distance from others.

**WHERE:** [Dan Patch Park](#), just south of the Grandstand on the Minnesota State Fairgrounds.

**WHEN:**

**9 – 11:45 am** The Pearl Brothers perform '60s - '80s tunes

Stretch & Stroll program, featuring a [YMCA](#) fitness instructor  
Pearl Brothers band

**11:45 am – 3:30 pm**

Tai Chi  
Fitness program  
Pearl Brothers band  
Gotta Step line dancers  
Pearl Brothers band

**Dan Patch Park Information Tent**

**9 am – 3:30 pm**

**DETAILS:**

The UCare Stretch & Stroll was first introduced at the Fair in 2003. It has become a popular annual State Fair tradition.

The event helps participants learn the importance of incorporating health and fitness activities into their daily routines.

Licensed UCare sales reps will be available to answer questions about UCare health plans, in addition to UCare partners [Delta Dental](#), [TruHearing](#), [Second Harvest Heartland](#), [Healthy Savings](#) and [Juniper/Trellis](#).

Throughout the event there will be health and wellness giveaways such as a packable sun hat, clear backpacks (great for concerts and sports events) and sunglasses.

**KEY GUESTS:**

[Mark Traynor](#), President and CEO, UCare

[Ghita Worcester](#), Senior Vice President of Public Affairs and Chief Marketing Officer, UCare

**Stretch & Stroll sponsor:**

**UCare** ([www.ucare.org](http://www.ucare.org)) is an independent, nonprofit health plan providing health care and administrative services to more than 570,000 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.

The health plan addresses health care disparities and care access issues through a broad array of community initiatives. UCare has received Top Workplaces honors from the Star Tribune for 12 consecutive years since the rankings began in 2010.

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