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STATE FAIR event NEWS and PHOTO/VIDEO OP

**The UCare Stretch & Stroll is Thursday, Sept. 1,
at the Minnesota State Fair**

***UCare invites fair goers to enjoy
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](#).

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. [Lee Valsvik](#), KOOL 108 radio host and KARE 11 TV reporter, MCs the morning events.



The afternoon activities continue with music from the Pearl Brothers, Skylark Singers, line dancing, falls prevention, and Hmong and Aztec dance performances.

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

WHEN:

9 – 10:45 am The Pearl Brothers perform '60s - '80s tunes
Stretch & Stroll program, featuring a [Life Time](#) fitness instructor
Pearl Brothers band

10:45 am – 4:30 pm
Skylark Opera Theatre
Gotta Step line dancers
SAIL - Falls prevention
Hmong Cypherside Dancers
Kalpulli KetzalCoatlicue Aztec Dancers
Pearl Brothers interspersed with acts

Dan Patch Park Information Tent

9 am – 4:30 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](#), [One Pass](#), [Second Harvest Heartland](#), [Healthy Savings](#), [Juniper/Trellis](#), and [Minnesota Credit Union Network](#).

Throughout the event there will be health and wellness giveaways such as the popular UCare tote bags, sunglasses and a packable sun hat.

KEY GUESTS:

[Hilary Marden-Resnik](#), President and CEO, UCare

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

Stretch & Stroll sponsor:

UCare (www.ucare.org) is an independent, nonprofit health plan providing health care and administrative services to more than 640,000 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 13 consecutive years since the rankings began in 2010.

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