



MEDIA CONTACT:
Wendy Wicks, UCare
wwicks@ucare.org
612-306-3698

FOR IMMEDIATE RELEASE: Aug. 30, 2023

STATE FAIR event NEWS and PHOTO/VIDEO OP

**The UCare Stretch & Stroll is Thursday, Aug. 31,
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 all fair goers, plus health and wellness giveaways. Dave Lee, retired WCCO radio host, sportscaster and [My First Concert](#) podcast host, MCs the morning events.



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



The afternoon activities continue with music from the Pearl Brothers, youth singers, line dancing, falls prevention, and Hmong and Latin 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
Fitness program sponsored by [One Pass](#)

10:45 am – 4:30 pm

[VocalEssence Singers of This Age \(VESOTA\)](#)

[Gotta Dance soul line dancers](#)

[Stay Active and Independent for Life \(SAIL\) falls prevention](#)

[Hmong Cypher Side breakdancers](#)

[Latin Dancers from Rene Dance Studio](#)

Pearl Brothers interspersed with acts

9 am – 4:30 pm, Dan Patch Park Information Tent

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](#), [GrandPad](#), [Healthy Savings](#), [Juniper/Trellis](#), [One Pass](#) and [Second Harvest Heartland](#). The UCare Healthmobile will be there along with a UCare doctor to answer Ask the Doc questions!

KEY GUEST:

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

Stretch & Stroll sponsor:

UCare (www.ucare.org) is an independent, nonprofit health plan providing health care and administrative services to more than 600,000 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 14 consecutive years since the rankings began in 2010.

###