

PRESS RELEASE
FOR IMMEDIATE RELEASE

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FIRST ANNUAL SENIOR EXPO OF VENTURA COUNTY

The First Annual ***Ventura County Senior Expo*** will be held on Wednesday, November 14, 2007, from 10:00 am until 1:00 pm, at the Camarillo Community Center at 1605 E. Burnley Street in Camarillo. This health promotion event is for persons aged 60 years and over includes a delicious lunch, an optional flu shot, an array of health screenings and assessments, exercise demonstrations; plus, over 75 health, wellness, and recreation exhibitors will have products and services that appeal to older individuals and their families. Entertainment during lunch will be provided by *Seniors of Note*. Cost for the event, including lunch, is \$5. The Senior Expo is looking forward to serving over 500 attendees.

“The Expo is intended to address the ever increasing need for health and wellness information, education and programs that will assist older adults in remaining active and independent. Being proactive about health is vital to healthy aging,” states Victoria Jump, Director of the Ventura County Area Agency on Aging.

The agency is an event sponsor along with the Camarillo Health Care District, the Pleasant Valley Recreation and Park District, the Ventura County Medical Resource Foundation, AARP, Aetna, ConAgra Foods, Kaiser Permanente, MediTech Health Services, Inc., Personal Parent Care Inc., Rose House Assisted Living, Sunrise Senior Living Brighton Gardens Camarillo & Westlake Village, and Santa Barbara Bank and Trust’s Our Gang Travel & Enrichment Club.

For more information, please contact the Ventura County Area Agency on Aging at (805) 477-7300.

“We haven’t forgotten the meaning of respect your elders.”