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SEDGWICK COUNTY, KANSAS
COMMUNICATIONS

NEWS

CONTACT: SEDGWICK COUNTY COMMUNICATIONS 316-660-9370 FAX: 316-383-7509

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Contact: Kristi Zukovich
316-660-9370

FOR IMMEDIATE RELEASE

Sedgwick County Department on Aging to Host Steps to Healthier Aging Day

(Sedgwick County, Kansas) – Sedgwick County Department on Aging, Greater Wichita YMCA and the Aging and Mental Wellness Coalition of Sedgwick County will be hosting Steps to Healthier Aging Day, Friday, October 8 from 8 a.m. - 11a.m. at the YMCA North Branch, 3330 N. Woodlawn. This event will promote “You Can: Steps to Healthier Aging” a wellness campaign sponsored by the U.S. Administration on Aging. Information and activities will be available that promote both mental and physical wellness for older adults. Health Screenings, information on healthy living, mental wellness, nutrition, physical fitness, and caregiver information will be made available to adults 55 and older.

Today there are 84,837 adults 55 and over in Sedgwick County. Many individuals are aging well and living longer than any time in history, but still far too many people are inactive and sedentary.

We can do more, and our best weapons are literally in our own hands: the food we choose to eat, and the activities that get us moving. Older adults tend to be healthier, feel better, and maintain their mobility and independence longer when they take these simple steps.

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"The Sedgwick County Department on Aging provides a number of excellent services for seniors in our community," said Sedgwick County Commission Chairman Tom Winters. "This event is another great way for seniors to learn how they can continue to live healthy, quality lives."

Special features of the Steps to Healthier Aging Day include:

- Free blood pressure and blood sugar checks
- Free water exercise classes at 8:00 a.m. and 9:00 a.m.
- Better Balance class demonstrations ongoing 8 a.m. - 11a.m.
- All participants in the depression screening are eligible for a drawing for a one-month free adult membership
- Educational Presentation at 9:30 a.m. and 10:30 a.m. – "Five secrets to Looking and Feeling Younger"

For more information on services for older adults contact Sedgwick County Department on Aging's Information and Assistance at 316-660-5120 or visit our web site at www.sedgwickcounty.org.

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