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STATE FAIR event NEWS and PHOTO OP

**The UCare Stretch & Stroll is Thursday, Aug. 29,
at the Minnesota State Fair**

**UCare and SilverSneakers[®] invite fair goers to
all-day 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](#).

The event is cosponsored by [UCare](#) and [SilverSneakers](#). WCCO Radio's [Dave Lee](#), KARE 11 TV's [Rena Sarigianopoulos](#) and UCare staff host the program.

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 a comedy stunt show for all ages.

WHERE: Dan Patch Park, just south of the Grandstand on the Minnesota State Fairgrounds.

WHEN: **Thursday MORNING**

Stretch & Stroll / Dan Patch Park stage

9-10 a.m. The Pearl Brothers perform '60s - '80s tunes

10-10:45 a.m. Stretch & Stroll program, featuring SilverSneakers

10:45-11:45 a.m. Pearl Brothers band

Thursday AFTERNOON

Tai Chi, Dance, Music, Comedy / Dan Patch Park stage

12-4:30 p.m. Tai Chi – Juniper
Dangerous Fun Show – Comedy Stunt Show
Pearl Brothers band
Chini and Rueda de la Calle latin dance
Gotta Step line dancers

Dan Patch Park Information Tent
9 a.m.-5 p.m.

DETAILS:

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

The event helps participants learn the importance of incorporating health and fitness activities into their daily routines. Park activities include Ask a Doc in the morning, Ask a Pharmacist in the afternoon and lawn games – corn hole, Connect 4, Farkle/Yatzee all day.

Throughout the event there will be health and wellness giveaways such as a packable sun hat, string backpack, people powered misting hand fans, sunglasses and inflated exercise balls.

KEY GUESTS:

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

[Jeff Prendergast](#), Territory Manager MN & IA, Client Relations, SilverSneakers

Stretch & Stroll sponsors:

UCare (www.ucare.org) is an independent, nonprofit health plan providing health care and administrative services to more than 430,000 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.

Tivity Health SilverSneakers Fitness program (www.silversneakers.com) offers the nation's leading community fitness program specifically designed for older adults.

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