



FOR IMMEDIATE RELEASE

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St. Paul's Celebrates Seniors & Health with Annual Resource Fair, May 23

Organization hosts day of interactive activities aimed to improve seniors' health

SAN DIEGO, CALIF. (April 12, 2018) – St. Paul's Senior Services is opening its doors to the seniors of the San Diego community for its annual Senior Health & Resource Fair on Wednesday, May 23 from 9 a.m. to noon. Held a week prior to National Senior Health & Fitness Day, May 30, the fair will offer an informational seminar at St. Paul's Villa, located at 2340 4th Avenue in San Diego. More than 120 St. Paul's residents attend each year.

The free fair will give San Diego seniors, caregivers, and those working in the senior care arena the opportunity to learn more about the local resources available. More than 35 exhibitors specializing in senior services will be in attendance with valuable information, including nutritional guides, caregiver resources, elder law issues, senior safety, dementia information, educational programs, volunteer opportunities, and more.

There will also be a panel discussion on downsizing with Realtor Marina Casanova, Margaret Zamora, from Next Phase Move Assistance, along with St. Paul's Registered Nurse Callie Howard. The group will give tips and advice on downsizing, how to recognize signs that it might be time to downsize, and the benefits of downsizing.

St. Paul's Senior Services holds this event annually in collaboration with National Senior Health & Fitness Day. Going into its 25th year, more than 100,000 older adults will be participating in health promotion events across the nation. St. Paul's will be connecting San Diego seniors with vital resources as a way to celebrate the longevity of this event and the importance of elderly health education.

For more information on the May 23 Senior Resource Fair, please call Lizette Galindo at (619) 677-3800 or email lgalindo@stpaulseniors.org.

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BACKGROUND ON ST. PAUL'S SENIOR SERVICES

St. Paul's Senior Services is a mission driven San Diego non-profit and full service retirement provider, offering Independent, Assisted Living, and Skilled Nursing communities, child and senior day care programs, and a Program of All-inclusive Care for the Elderly (PACE). Since opening its doors in 1960, St. Paul's serves as an innovator in the San Diego community with a reputation for exceptional care. For more information on St. Paul's Senior Services, please visit <http://www.StPaulsSeniors.org> or call (619) 239-6900.