

8th Annual Healthy Living Festival



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8th Annual Healthy Living Festival

(This is a free event for seniors and those who love them)

Friday, July 15th, 2011 (8am-2pm)

Oakland Zoo, Knowland Park-9777 Golf Links Rd., Oakland

Why You Should Attend This Event?

Nestled in the rolling hills of Oakland's 525-acre Knowland Park, the Zoo is an exciting outdoor location for older adults and their families to enjoy and embrace active living. The Oakland Zoo is home to more than 660 native and exotic animals and one of the greatest treasures of the East Bay. **As a Registered Participant** you will enjoy a healthy and entertaining walk through the Zoo, the Zoo has many walking areas that are flat and wheelchair accessible.

This Year's Festival Will Feature health screenings and financial planning information--over 75 health and resource exhibitors will be distributing information related to your quality of life.

Medication Drop-off/Disposal Program safely drop-off expired or unused medication.

Enjoy Breathtaking Views of the Oakland hills and the Bay while enjoying a free nutritious lunch!

It's easy to get to the Zoo by public transportation! Throughout the year, United Seniors offers Travel Training workshops. We encourage participation in them to learn how to utilize public transit to the Festival and many more locations... **Although we encourage using public transportation to the Zoo, parking will also be available for \$7 per car on Festival day.**



All must register for this event (registration forms coming soon)

For more information contact the USOAC office at: 510.729.0852