



News Release

Office of Vice Mayor Rose Herrera

For Immediate Release:

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Vice Mayor Rose Herrera, Councilmember Carrasco and Councilmember Nguyen Host the 7th Annual Senior Health Fair & Walk

SAN JOSE, CA – Vice Mayor Herrera, Councilmember Magdalena Carrasco and Councilmember Tam Nguyen will host the 7th Annual Senior Health Fair & Walk on Saturday, May 30, 2015 from 8:30 a.m. – 11:30 a.m. at Eastridge Mall, 2200 Eastridge Loop, San Jose (Entrance C by Barnes & Noble/Bed, Bath & Beyond). This is a free event for local seniors to participate in a fun fitness event and learn more about the health resources available to them.

“Our annual Senior Health Fair and Walk has become a great tradition in East San Jose and one that we plan to continue for many years to come,” Vice Mayor Herrera said. “This year, I’m excited to partner with Councilmember Magdalena Carrasco and Councilmember Tam Nguyen for their first year in office to invite even more senior residents to attend and enjoy the benefits of this healthy, fun event!”

Vice Mayor Herrera is pleased to announce a new partnership with 24 Hour Fitness, which just opened a Super Sport Club in Eastridge Mall across from Barnes and Noble. 24 Hour Fitness is sponsoring several components of the event, including the warm-up following the opening ceremony.

After the warm-up, participants will walk the mall, stopping at circuit stations hosted by 24 Hour Fitness along the route. This event is an introduction to an ongoing routine of mall walking where seniors can come early to Eastridge, year-round, and enjoy the safety of even surfaces and controlled temperatures along with the camaraderie of others who enjoy this form of exercise. Eastridge Mall is open to walkers all year long at 6:00 a.m., seven days a week.

“I truly enjoy this event because it promotes a healthy lifestyle and encourages San José residents to utilize the malls’ open space to exercise in the mornings,” Vice Mayor Herrera said.

Along with encouraging seniors to walk their way to wellness, attendees will have the opportunity to meet dozens of organizations that will be on hand to share resources specific to the needs of seniors, from health, insurance, housing and transportation resources to healthy living and exercising empowerment.

Event sponsors include the City of San José, Eastridge Mall, 24 Hour Fitness, Walmart, and Kaiser Permanente.

About Vice Mayor Rose Herrera

Vice Mayor Rose Herrera represents District 8 in the City of San José. She currently serves as the Vice Chair of the Rules and Open Government Committee and a member of the Community and Economic Development Committee, which she previously chaired, as well as the Transportation and Environment Committee, for which she is a previous Vice Chair. She also is a board member for the Capitol Corridor Joint Power Authority, Housing and Community Development Advisory Committee, Mayor's Gang Prevention Task Force, Santa Clara Valley Habitat Agency (governing and implementation boards), and Work2Future. Vice Mayor Herrera Chairs the League of California Cities statewide Transportation, Communication, and Public Works Committee. She serves on the Santa Clara Valley Transportation Authority (VTA) Board of Directors, Governance Committee, Downtown East Valley Policy Advisory Board, and as VTA Congestion Management and Planning Chair. For more information, please visit <http://www.sanjoseca.gov/district8/>.

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