



STANISLAUS COUNTY LIBRARY

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County Librarian

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PRESS RELEASE

March 19, 2008

FOR IMMEDIATE RELEASE

For more information, contact:
Susan Lilly, 558-4813

AARP presents Healthy Aging

The Healthy Aging Association will be featured at the AARP presentation scheduled for Tuesday, March 25, 2 p.m. at the Modesto Library Downstairs Auditorium.

Participants will learn about the Healthy Aging Association's "Young at Heart" fitness program. A demonstration will give people a first-hand look at the exercises involved in a typical "Young at Heart" class. Fall prevention will also be discussed, including the benefits of strength training to prevent falls. A question and answer session will follow.

The Modesto Library is located at 1500 I Street. To reserve a seat, or for more information, contact the library at (209) 558-7814.

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