

**National Senior Health & Fitness Day**  
**May 5, 2010**  
**For Immediate Release**  
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**Salem Lutheran Home Celebrates National Senior Health & Fitness Day . . .**  
**Local Activities Part of National Movement to Promote a Healthy Lifestyle**

May 5, 2010 – Oakland, CA – Salem Lutheran Home in Oakland will join with an estimated 1,000 local events taking place across the country to celebrate the 17th Annual National Senior Health & Fitness Day on May 26, 2010. As an official host site, Salem Lutheran Home will hold a free celebration on Wednesday, May 26 from 1 to 4 p.m. at Salem located at 2361 East 29th Street.

The community is invited to participate in the event, which will promote active, healthy lifestyles through physical fitness, good nutrition and preventive care. Event highlights consist of a ¼ mile fitness walk, informational booths highlighting the dimensions of wellness, lectures from Bay area healthy living professionals, fitness & nutrition demonstrations, health screenings, food & drink vendors, raffle prizes and more.

“Our celebration at Salem is a wonderful opportunity for seniors to make, renew and revitalize their commitment to live healthier lives through better health and fitness,” stated Rachel Main, Executive Director at Salem Lutheran Home. “We welcome the community to join in with us on a local level as we exchange valuable information to enhance the lives of our seniors,” she added.

About Salem Lutheran Home

Salem Lutheran Home has been providing high-quality services to seniors for over 85 years. As part of the Elder Care Alliance professional team, Salem is dedicated to the philosophy and spiritual tradition of its sponsors – respecting and celebrating the dignity and inherent worth of each person and increasing quality of life for our senior population. Salem Lutheran Home provides a full continuum of care including residential living, assisted living, two types of memory care and a care center with skilled nursing. Salem’s services are provided in a variety of accommodations on a sprawling and beautiful five-acre campus. Salem Lutheran Home is affiliated with Elder Care Alliance, which is cosponsored by the Sierra Pacific Synod of the Evangelical Lutheran Church in America and the Sisters of Mercy Regional Community of Burlingame. Salem Lutheran Home welcomes seniors from all faiths and religious backgrounds to its community.

## About National Senior Health & Fitness Day

National Senior Health & Fitness Day is always held on the last Wednesday in May in support of Older Americans Month and National Physical Fitness and Sports Month. NSHFD is coordinated by the Mature Market Resource Center.