



Pedro E. Segarra
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES

131 Coventry Street
Hartford, Connecticut 06112

Telephone: (860) 757-4730
Fax: (860) 722-8062
www.hartford.gov



Carlos Rivera
Director

HEALTH AND WELLNESS SENIOR EXPO 2010 **Signature Event of Healthy Hartford Campaign**

---NEWS AND COMMUNITY ADVISORY---

The *Healthy Hartford* wellness campaign continues July 22, 2010 from 9:00 AM to 1:00 PM at the Legislative Office Building, located at 300 Capitol Avenue. This event will focus specifically on seniors and it will include lunch, free health screenings, mental health triage, brain games, exercise and tai-chi classes, oral health education, free mammograms, screenings for benefits, etc. Highlighted themes include physical activity, disease prevention and management of resources.

Last year, our first Healthy Hartford Senior Event attracted over 300 participants and partnered with 25 agencies.

“The goal of this campaign is to increase the availability of health-related information designed to influence the choices that Hartford seniors make in their daily lives,” stated Carlos Rivera, Director of the Department of Health and Human Services.

“The City of Hartford is proud to showcase its commitment to our residents in helping them build a healthy lifestyle for their families. Through this event, our seniors will be treated to great information and, most importantly, the tools they need to make healthy choices,” stated Mayor Pedro Segarra.

Free transportation will be available for seniors who want to attend and need assistance to get to the event. To secure transportation, participants must call (860) 724-5340 at least one day ahead.

With over 40 partners, presenters and service providers, this event is sure to tickle your interest and teach you healthy lifestyle habits. Hospitals, clinics, mental health providers and physicians from various disciplines will be available to provide seniors with the tools they need to lead healthy, productive, and longer lives.

For more information, please contact Roni Tate at (860) 757-0843.

