

Contact: Maureen Finan, Director Strategic Communications
Partners in Care Foundation
Phone 818-837-3775 ext. 125; Email mfinan@picf.org

FOR IMMEDIATE RELEASE

**Gardena Community Resource Fair Will Offer Health Screenings
and New Health Programs to Area Residents**

(Los Angeles, Calif. Jan 4, 2010) – Partners in Care Foundation (Partners) will host the *Gardena Community Health & Resource Fair* on Friday, January 29, 2009, from 8:30 am – 12:00 noon at the Gardena Valley Japanese Cultural Institute located at 1924 West 162nd St. Gardena, CA 90247. This event is part of Partners' outreach campaign to raise awareness about our health promotion programs offered to County of Los Angeles residents over the age of 60 and their caregivers, friends and families. In addition to information and resource tables, free health screenings will be offered including: cholesterol, blood glucose, blood pressure, vision, balance, and fitness test.

Several local agencies serving residents of Gardena and surrounding areas have partnered with us to offer this event sponsored by L.A. Care Health Plan's Family Resource Center in Inglewood. L.A. Care Health Plan, the nation's largest public health plan, serves residents of Los Angeles County through a variety of health coverage programs including Medi-Cal, Healthy Families, Healthy Kids, and L.A. Care Health Plan Medicare Advantage HMO. For more information, visit L.A. Care's Website at www.lacare.org.

Our event partners include The Institute for Healthy Aging at Keiro and the Gardena Valley Japanese Cultural Institute. The event will include activities such as the Wheel of Health and exercise booths to provide fitness testing, information and demonstrations along with other low-impact strength-building and cardiovascular activities.

Partners in Care will also be enrolling participants for *A Matter of Balance* and *Healthier Living* workshops that will be offered throughout 2010 in community based sites in Gardena, Inglewood and surrounding neighborhoods. *A Matter of Balance* is an award-winning program developed by Boston University to help manage falls, increase activity levels and maintain independence. *Healthier Living* is a chronic disease self management program developed by Stanford University to enable individuals to better care for their chronic health conditions. The program will be offered free of charge to residents of Gardena and Inglewood and will be conducted in English and Japanese.

Partners in Care Foundation is a non-profit center of innovation whose mission is to serve as a catalyst for shaping a new vision of health care by partnering with organizations, families and community leaders in the work of changing health care systems, changing communities and changing lives. Partners in Care Foundation was founded in 1997 and is based in San Fernando, California. For more information, visit Partners in Care at www.picf.org.

###