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< < Back

Senior Boomer Expo packed with screenings, resources

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You can say "hey," say "aah," say "ouch," dance to the music and get tips on preparing healthy meals.

It's all in the same place, and it'll cost only \$5.

The 2006 Senior Boomer Expo will take place 9 a.m. to 5 p.m. Wednesday at the Tennessee State Fairgrounds.

This is the new name for what used to be called the Senior Expo. The name change reflects a new focus on offering resources, programs and services geared toward the health and lifestyles of Baby Boomers as they join the 50-plus "senior" class, according to Cassandra Finch, media coordinator.

"Let's just call it what it really is: It's a health and wellness expo under one roof," says steering committee coordinator Gary Garrett. "And the keystone is that it is almost free." Most of the screenings are yours for the cost of admission.

The theme this year is "Take the Time . . . to Eat Better, Move More & Learn More," referring to Boomers' pursuit of active lifestyles.

As a part of this emphasis, there will be demonstrations and booths focusing on such topics as exercise and cooking and eating with health in mind.

There will also be resources available for Boomers seeking to learn about relationships, divorce, dating, home improvement, financial well-being and caring for aging parents.

Now, as for the say "hey" and say "aah" and say "ouch" part of the story . . .

Say "hey" can mean only one thing. The ever-buoyant "Say Hey Kid" himself, Hall of Fame baseball player Willie Mays, a HealthSpring spokesman, will make a special appearance and chat with the audience. Hey, he'll even be giving away 25 pre-signed baseballs.

Mays is expected to appear sometime around the lunch hour and he'll also be presented the key to the city by Mayor Bill Purcell, according to Finch.

Say "aah," of course, is for the health screenings.

And say "ouch," well, that's for the flu shots. Yep, they will be available. Cost is \$30 for those who are not on Medicare.

A wide variety of entertainment also will be provided by artists from the Boomer generation. •

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What: Senio
When: 9 a.m
Where: Tenr
Fairgrounds
Cost: \$5 (Pa
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Info: www.se
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