



# Chaffee County Public Health

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**For immediate release:**

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## **Chaffee County Public Health Hosts Embracing Aging Expo**

Chaffee County, CO- Chaffee County Public Health (CCPH) is excited to partner with the Area Agency on Aging, the Department of Human Services and Age Strong Chaffee for the annual Embracing Aging Expo on September 30th. The event will be held at the Chaffee County Fairgrounds, beginning at 9am and will conclude at 2pm.

This year's events will include expert speakers on topics including Diabetes, Women's Health, Eating for Bone Health, Emergency Preparedness, Home Share, The Benefits of CBD and many more. The day's activities will include e-bike demonstrations, exciting prize giveaways, a photo booth, an Age Strong Chaffee discussion panel, therapeutic mini-horses, pickleball, and fitness classes.

Additional highlights include: a delicious lunch provided from 11:30a-12:30p by Kalamata Pit, functional assessments provided by Leslie Duran, ice cream complimentary of Salida Pharmacy and Fountain and prizes provided by community table partners.

Last year's expo was offered four times throughout the county to be respectful of the COVID-19 challenges we were all facing. We are excited this year to offer a bigger and better event which facilitates connecting with our Chaffee County community and local resources. The Expo planning committee encourages Chaffee County's older adults to attend this year's event to find inspiration, social engagement and community resources in order to thrive in Chaffee County as they age in place.

Andrea Carlstrom, Director of Chaffee County Public Health shared, "Chaffee County older adults and their supports have been yearning for the more traditional health fair that we were able to successfully offer several years in a row before the pandemic. It brings us great joy to be offering our community this dynamic in-person event once again."

The Expo is excited to be partnering with Chaffee Shuttle to provide transportation from Buena Vista and Salida.

CCPH and Age Strong Chaffee provide opportunities throughout the month to exercise and stay socially and mentally active. For further details about this as well as other opportunities to Age Strong in Chaffee County, please visit [www.embracingagingchaffee](http://www.embracingagingchaffee) , or e-mail Molly Bischoff at [mbischoff@chaffeecounty.org](mailto:mbischoff@chaffeecounty.org)

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