



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

April 25, 2008

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## **COUNTY EXPANDS YOGA & LUNCH PROGRAM TO LAKESIDE**

### ***Twice-Monthly "Food for Thought" Promotes Healthy Living for Older Adults and Others***

Recognizing the importance of exercise and good nutrition, the County of San Diego Health and Human Service Agency's Aging & Independence Services is partnering on a new program in Lakeside that provides an hour of yoga, followed by a gourmet boxed lunch.

"I appreciate the efforts of our County departments and their partners to reach more of our older adults with innovative and fun programs that can improve their quality of life," said Board Vice Chairwoman and Second District Supervisor Dianne Jacob.

Partners for the Lakeside Food for Thought program are the Salvation Army, and these County agencies: Library, Parks and Recreation, and HHS Aging & Independence Services.

The Food for Thought program, modeled after the successful Food For Thought program in its second year at the Vista Library, will be held from 10:30 a.m. to 12:30 p.m. every other Tuesday, beginning May 6, at the Lindo Lake Community Center, 9841 Vine St., Lakeside.

The yoga will be led by the Gentle Yoga and Joyful Movement Yoga School in La Mesa.

There is no cost for the yoga, but a donation of \$3 is suggested for the lunch for those 60 and older; \$5 for others. Reservations are required for the lunch; call (619) 443-9176 and ask for Elaine.

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