



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **PHYSICIAN/CLOWN KEYNOTES VITAL AGING CONFERENCE**

*County's Aging & Independence Services Spotlights 'Laughter for the Health of It'*

Dr. John Glick, a medical doctor and professional clown, will be the keynote speaker with the topic "Laughter for the Health of It" at the County's Vital Aging Conference 2009 to be held from 9 a.m. (registration at 8:30) to 12:30 p.m., Thursday, June 4, at the Balboa Park Club Ballroom near the Puppet Theater in Balboa Park.

Dr. Glick is on the board of directors of Gesundheit! Institute and organizes clowning and community building missions around the world. He has traveled the United States and 40 countries throughout the world as a "humanitarian clown," visiting prisons, hospitals, nursing homes, orphanages, and refugee camps. Combining storytelling, poetry and music, he offers possibilities for how to live a more loving and healthy life.

The conference will also feature local speakers who will share the benefits of meditation, yoga, laughter yoga, and Tai Chi. The event will include time for participants to visit resource tables hosted by community organizations.

"During these challenging times, it's important for us to keep a good perspective about the ups and downs of life," says Chairwoman Dianne Jacob, County Board of Supervisors. "Laughter helps us reduce stress and see our situation in a positive light. We invite people to join us for this healthy, upbeat event."

The Vital Aging Conference is a biennial event, coordinated by Aging & Independence Services, a division of the County's Health and Human Services Agency. The event addresses important health issues for older adults and family caregivers. Some 400 participants are expected.

Sponsors: San Diego Park & Recreation Department, Sharp HealthCare, AARP, At Your Home FamilyCare, Meals on Wheels Greater San Diego, Inc., and Mount Miguel Covenant Village.

Reservations are required for the free Vital Aging Conference; see [www.sharp.com/seniors](http://www.sharp.com/seniors) or call (800) 827-4277.

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