



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
April 16, 2004

Contact: Denise Nelesen (858) 505-6474
Day of event (619) 823-9319

MEDIA ADVISORY

AGING WELL, AND LIVING WELL WITH AGE

Speakers to Share Insights on the Golden Years, at "Aging Summit 2004"

- WHO:** Hosts - County Board of Supervisors Chair, Dianne Jacob and Vice-Chair, Pam Slater-Price
Keynote speaker - George Vaillant, Ph.D. author of "Aging Well," and director of the "Study of Adult Development" at Harvard University
More than 500 seniors and other registered guests
- WHAT:** *Aging Summit 2004*, a biennial conference that helps individuals and the community look at the needs of older adults and plan ahead for the Baby Boomers. National experts will share their research on "Aging Well" and "Promoting a Positive Image of Aging"
- WHEN:** Monday, April 19
8:30 a.m. to 3:30 p.m. (Three national speakers during the morning forum, followed by afternoon workshops.)
- WHERE:** San Diego Concourse,
202 C Street, downtown San Diego
- WHY:** Seniors are the foundation of our community, and should be celebrated, but too often they are forgotten or ignored. *Aging Summit 2004* will focus on elements of successful aging and creating a more positive image of aging, so seniors in San Diego County can learn how to take full advantage of what should be the best years of their lives. The summit is presented by the *San Diego County Health and Human Services Agency, Aging and Independence Services* program, and co-sponsored by *AARP of California, SDG&E, and SHARP Healthcare.*

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