



# COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE PUBLICATION

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## MEDIA ADVISORY

### AGING SUMMIT 2006 ENCOURAGES ACTIVE, HEALTHY FULFILLED SENIORS

**WHO:** Second District Supervisor Dianne Jacob  
Third District Supervisor Pam Slater-Price  
Keynote Speakers: Carleen MacKay  
Dr. Nick Yphantides  
Jurgen Unutzer, M.D.  
Dr. Barry Lebowitz  
More than 600 seniors

**WHAT:** Aging Summit 2006  
A biennial conference that helps individuals and the community look at the needs of older adults, and plan ahead for the needs of the "Baby Boomer" generation.

**WHEN:** 9 a.m. – 4 p.m.  
Friday, June 2

**WHERE:** Town and Country Convention Center  
500 Hotel Circle North

**WHY:** The keys to aging well involve remaining physically and mentally healthy. Another key is continuing to find purpose and meaning in life. Aging Summit 2006, presented by San Diego County Health and Human Services Agency Aging & Independence Services, will focus on older adult obesity, mental health and the maturing workforce.

About the speakers: Carleen MacKay is the author of *Boom or Bust*. Dr. Nick Yphantides lost 270 pounds in just over a year and wrote a book about the experience, *My Big Fat Greek Diet*. Jurgen Unutzer, M.D. is vice chair of Psychiatry, University of Washington, and Barry Lebowitz, Ph.D., is professor of Psychiatry, UCSD.

MacKay will speak in the morning, followed by breakout sessions on the mature workforce; the other speakers will talk after lunch, followed by breakout sessions on obesity and mental health.

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