



COUNCILMEMBER CHRIS CATE
DISTRICT 6

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CHRIS CATE AND STAFF TO VOLUNTEER AT SENIOR CENTER

San Diego, CA: On **Wednesday, December 17 at 12pm**, San Diego City Councilmember Chris Cate and his District 6 staff will be volunteering at **LiveWell San Diego's** annual holiday party.

The aging population is the fastest growing population in the nation. By 2030, adults ages 65 and above will double and outnumber youth (under the age of 17). There are currently 40 million Americans over the age of 65.

"LiveWell San Diego is a great community resource that provides a daily supervised adult social day care program. I want to thank all the staff and volunteers that help run this facility," said Cate.

LiveWell San Diego is a not-for-profit organization that has been serving the needs of seniors for over 30 years. LiveWell San Diego provides a supervised Adult Social Day Care program for those living with memory loss and the early stages of Alzheimer's. Participants enjoy Music, Art Therapy and a tailored fitness program through the use of chair exercise and walks through the adjacent park grounds.

WHAT: Councilmember Chris Cate and District 6 staff volunteering at LiveWell San Diego's Holiday Party

WHERE: LiveWell San Diego- 4425 Bannock Avenue, San Diego, CA 92117

WHEN: Wednesday, December 17 at 12pm

VISUALS: 100 seniors

About Councilmember Chris Cate:

Chris Cate is an advocate and voice for all residents in District 6. Chris proudly represents the neighborhoods of Clairemont Mesa, Kearny Mesa, Mira Mesa, Miramar, Park Village and Sorrento Valley. Chris will prioritize infrastructure improvements, recruit and retain quality police officers and help residents engage with elected officials, which will improve the quality of life in the neighborhoods of District 6. Visit www.sandiego.gov/citycouncil/cd6/ or call (619) 236-6616 to learn more about Chris, his staff and District 6.

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