



THE CITY OF SAN DIEGO
San Diego Public Library

FOR IMMEDIATE RELEASE
Wednesday, March 13, 2013

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**“UNLEASH THE POWER OF AGE” FAIR AT THE PACIFIC BEACH
LIBRARY**

SAN DIEGO –The San Diego Public Library, San Diego County Aging & Independence Services, and the Mission Beach Woman’s Club present an “Unleash the Power of Age” Fair for Older Adults on April 27th from 10:00 am to 2:00 pm at the Pacific Beach Library. Presenters include the Alzheimer’s Association, Laughter Matters, Mary Davis with Senior Self Defense, and Kathy Hargrove with Healthy Eating. Interactive activities include Zumba Gold Fitness, music with Crown Point Elementary Band and the Bob Bishop Band. Booths include Meals on Wheels, San Diego Animal Control, Road Scholar, Walkabout International, Elderhelp, AARP, Sharp Memorial Senior Center, and many more. Food and beverages will be provided. All activities are free and open to the public.

The Pacific Beach/Taylor Branch Library is located at 4275 Cass St. San Diego, CA 92109. The Library's hours of operation are Mondays from 9:30 to 5:30 p.m., Tuesday and Wednesday 12:30 to 8:00 p.m., Thursday and Friday 9:30 a.m. to 5:30 p.m., and Saturday 9:30 a.m. to 2:30 p.m. Please call (619) 527-3405 for more information.

Learn about other events at the San Diego Public Library’s Central Library and 35 branches, find links to numerous additional resources, or search for materials in the Library’s catalog online at www.sandiegolibrary.org

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