



## NATIONAL ASIAN PACIFIC CENTER ON AGING

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### PRESS RELEASE

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#### **NAPCA partners with American Heart Association to host Senior Wellness Fair on April 30**

[Seattle, WA] - The National Asian Pacific Center on Aging (NAPCA) is partnering with the American Heart Association (AHA) to host Senior Wellness Fair with free health screenings on April 30, 2014 at the International District/Chinatown Community Center located at 719 8th Ave. S. Seattle WA 98104. The Senior Wellness Fair will take place from 10 am to 1 pm.

Participants will receive complimentary health screenings and aging related social service information. The Senior Wellness Fair will feature culturally and linguistically competent health education, with presentations by medical experts and health screenings provided. Jae Hong, MD, interventional cardiologist at UW Northwest Hospital and Nancy Lee, PharmD, BCPS, clinical pharmacist at Adult Internal Medicine Clinic, will speak about healthy living and herbal medicines. Chinese (Mandarin/Cantonese), Vietnamese, and Korean interpreters will be available to participants who need assistance. Light snacks will be provided.

Heart disease, stroke and other cardiovascular diseases are major causes of death among Asians, yet the level of awareness remains low in this community. The event aims to close the gap and empower Asian American senior citizens with the tools to live stronger heart-healthy lives, as well as encourage them to know important health numbers and keep them in check.

The Senior Wellness Fair is part of the AHA's Health Equity program to promote healthy behaviors and reduce health disparity among all Americans. The AHA's goal is to improve the cardiovascular health of all Americans by 20 percent, while reducing deaths from cardiovascular diseases and stroke by 20 percent by the year 2020.

For more information and registration, please contact Nelson Tang, NAPCA, (206) 322-5272 or Wendy Zheng, AHA, (206) 834- 8654.

*NAPCA is the leading advocacy and service organization committed to the dignity, well-being, and quality of life of Asian American and Pacific Islander elders as they age.*

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