



COUNTY OF SAN DIEGO

MEDIA ADVISORY

FOR IMMEDIATE PUBLICATION

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Contact: Denise G. Nelesen (858) 505-6474

WALKING WITH PURPOSE

Seniors and Youth Evaluate Walking Routes in El Cajon

- WHAT:** Dozens of young people and older adults will take to the streets in El Cajon, working together to identify safety issues for people who choose walking as their mode of transportation. They will look for cracked or poorly maintained sidewalks, traffic lights that don't allow pedestrians enough time to safely cross a street and other barriers to walking in their community.
- WHO:** 50-100 older adults, youngsters and others
Fall Prevention Task Force, including representatives from the County of San Diego Health and Human Services Agency
- WHEN:** 9 a.m. to noon
Saturday, Sept. 26
- WHERE:** Wells Park, 1153 E. Madison Ave., El Cajon 92021
- WHY:** This event brings together older adults and children because safe walkable neighborhoods are important to all age groups. The "walkability" event, including training and an audit, is a part of Fall Prevention Awareness Week, which promotes safety and walking as a means to increase physical activity and keep social relationships thriving.

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