

Press Release

To: Area Media

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For Immediate Release:

May 1st kicks off Older Americans Month, and it is our opportunity as a nation to recognize the contributions of older Americans. What better way to do so than to provide a forum for Americans to share their opinions, experiences and wisdom for the benefit of others?

As part of this year's activities and events to honor older Americans, the U.S. Administration on Aging is inviting individuals ages 18 and older to share their "recipe for strength" in a national contest. Entries should creatively promote the Older Americans Month 2010 theme "Age Strong! Live Long!" and may be submitted as a video, photograph, poem, or essay. Whether it's an exercise routine, a healthy diet, a tradition with friends, or remembering to look on the bright side of life, we want to find out what you've done to age strong and live long! **Entries must be submitted by April 30, 2010.**

To find out more or to enter the contest visit olderamericansmonth.org