



**American  
Red Cross**

of Greater Columbus

# NEWS RELEASE

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For Immediate Release

Join the American Red Cross of Greater Columbus at the Arnold Active Aging Festival  
*This Friday – March 6<sup>th</sup> from 9 am – 4 pm at the Hyatt Regency Ballroom*

**March 2, 2009** - The overall focus of the 3<sup>rd</sup> Arnold Active Aging Festival is to help adults feel better, move better, and be better. Activities are geared to help you increase your ability to achieve your life goals and do more of the things YOU want to do. Join the American Red Cross of Greater Columbus in the ballroom's lobby as we greet event participants and provide a variety of informational sessions designed to help you become better prepared for life's emergencies.

Experts from the American Red Cross will be on-hand to discuss the following topics:

**Lifeline:** Your American Red Cross is referring Philips Lifeline to our senior community to allow them to live independently in their own home while bringing peace of mind to those caring for them.

**Community Transportation Program:** Providing safe, reliable and timely transportation for seniors, and others in Franklin County, to medical and other life-enhancing appointments.

**Be Red Cross Ready:** In three easy steps: Make a Plan, Build a Kit and Be Informed, you can be prepared for disasters. Learn what you should have on hand so that you are ready.

**Estate Planning:** Learn about giving strategies that allow you to make a meaningful charitable gift while possibly enhancing you and your family's, future financial well being.

**Volunteer Opportunities:**

Find out how to use your professional skills when volunteering for the American Red Cross.

Many other health and fitness organizations will be on-hand to distribute valuable information. Advance sale discount tickets are available for \$7 instead of the regular \$10 price. Groups also can enjoy curbside drop-off, and free parking and shuttle service for group drivers. Call (614) 443-3529 for further information. Admission to the Active Aging Festival, the Evening Dance Party, and 11 other same-day events is included in the same ticket. Visit [columbus.redcross.org](http://columbus.redcross.org) to learn more about American Red Cross events at the Arnold Active Aging Festival and [arnoldsportsfestival.com](http://arnoldsportsfestival.com) for information on the Arnold Active Aging Festival and the 2009 Arnold Classic.

The American Red Cross of Greater Columbus is dedicated to helping make families and communities safer at home and around the world. Sustained by over 600 volunteers, the Red Cross provides assistance to more than 500 families each year after home fires and other disasters strike. Last year the organization trained and educated more than 97,000 area residents in vital lifesaving skills like first aid, CPR and how to prepare for emergencies. The Red Cross also sent more than 800 emergency messages between members of the military and their families. The community transportation program provides rides to medical appointments for seniors and individuals with disabilities, logging more than 19,600 trips last year. All these programs and more are made possible by the donations of time and money from the greater Columbus community.

Michael Carroll is the CEO of the American Red Cross of Greater Columbus and Mary Navarro serves as the board chair.

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