



National Alliance to Nurture the Aged and the Youth

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## Dragon Boat Festival

# NANAY Paddles for Charity

Miami, Florida- Sept 25, 2003 -- NANAY, Inc. (National Alliance to Nurture the Aged and the Youth) is proud to announce its partici-

pation as an organizational partner in the 2-day event of the first annual "Hong Kong Dragon Boat Festival in Miami" on October 11 and 12

(Saturday and Sunday) at Haulover Beach Park Marina, Miami Beach.

In addition to the fun and excitement of the

transport services, caregiver support and health screening sessions are available at the NANAY Community Center, based in North Miami, that now also houses the new Philippine Honorary Consulate in South Florida. NANAY's current intergenerational program combines youth mentorship with volunteer service to elders.

The Dragon Boat Festival marks an opportune time to introduce the new NANAY HEALTH CENTER, that

participating teams raise funds through their networks of friends, families, co-workers, and companies to make a donation to Camillus House, a major partner and beneficiary of the Dragon Boat Festival. Participants may also sponsor other charities of their choice.

In addition to "paddling for charity", NANAY volunteers will participate in the One-Stop Fitness and Healthcare Expo (in partnership with the Mayor's Health & Fitness Challenge and Doctors' Plus Medical Center) to provide health awareness, blood pressure checks, diabetic screenings, cholesterol checks, hypertension (stress) tests, and osteoporosis (bone density) tests.

The Dragon Boat Festival's Honorary Event Chairperson, Dr. Antonio Wong, is also a Governing Board member of NANAY, Inc., and Chairman of the NANAY Health Center Board.

The Hong Kong Dragon Boat Festival in Miami is FREE and open to the public. It is co-sponsored by the United Chinese Association of Florida, the Hong Kong Economic & Trade Office, and the Miami-Dade County Park and Recreation Department.

This two-day festival brings together the South Florida Community for a cultural experience that promotes harmony and understanding among people of all ages, from different ethnicities and diverse backgrounds. Sponsors, individuals, corporate and non-profit teams will benefit from this first-of-a-kind, East meets West cross-cultural event in Miami.

For more information, please visit the Dragon Boat Festival Website at: <http://www.miamidragonboat.com/main.htm>.

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dragon boat race, dozens of traditional activities will be featured on both days of the festival, such as Asian Cultural stage performances (including Tai-Chi and martial arts demonstrations), authentic Asian foods, games (including "Egg Roll Eating Contest"), arts and crafts demonstrations, Sponsor's village, Children's Play Square.

NANAY has been providing supportive and health care services to elders in Miami-Dade County since 1994. Free computer classes, tai-chi exercises, counseling, recreational activities,

will soon be providing health education, immunization awareness and primary health care services to medically underserved elders and youth.

As part of ancient Chinese tradition, majestic dragon decorations have been installed to the boats to "help drive out diseases and pestilence".

Besides being a game, dragon boat racing also symbolically brings health and vibrancy to everybody. The dragon boat competition features a "Paddle for Charity" program where

**NANAY's projects are supported by Alliance for Aging for Miami-Dade and Monroe Counties, Florida Department of Elder Affairs, Alliance for Human Services, Florida State Department of Health, Department of Transportation, APPEAL, National Asian Women's Health Organization, North Miami CDBG and United Way.**