

**** MEDIA ADVISORY ****

RIGHT ON “TARGET” – ON LOK SENIORS LEARN NEW SKILLS AND BOOST THEIR MENTAL HEALTH THROUGH ARCHERY

BEST VIDEO OPPS: Wed, June 19 – 11:30 a.m. to 12:30 p.m.

[On Lok Lifeways’ San Jose PACE Center](#) is turning to archery to help boost the confidence of its senior participants. Throughout the year, residents from the Center have the opportunity to learn the basics of archery at Stevens Creek County Park. These skills have been proven to help boost confidence, self-esteem and overall mental health.

According to Kim Nguyen, activity leader at On Lok Lifeways’ San Jose PACE Center: “As we age, it’s important to keep both our minds active and our bodies healthy. We’ve found that seniors who try new experiences like archery see an improvement in their cognitive function. At the same time, the feelings of achievement that come with learning a new skill can help boost their emotional health, as well.”

One senior participant, in particular, (who’ll likely join this outing) has greatly enjoyed the experience. Initially shy and not able to easily engage with others, she started to come out of her shell after learning a few archery skills with On Lok.

WHERE: **Archery Range @ Stevens Creek County Park**
Mt. Eden Road
Saratoga, CA 95070
(408) 520-0186
<https://tinyurl.com/y4q476n3>

WHEN: **Wednesday, June 19**
11:30 a.m. – 12:30 p.m.



WHO/INTERVIEWS:

- Kim Nguyen, On Lok Lifeways
- On Lok Lifeways senior participants learning the skill of archery

MEDIA PLEASE NOTE: To request an interview with an On Lok spokesperson or a participant, please contact David Cumpston on (415) 902-4461 or onlok@landispr.com

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