

**From:** White House Conference on Aging <info@subscriptions.whaging.gov>  
**To:** Kester, Tonykester@aging.sc.gov  
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**Subject:** [BLOG]: Get active during Go4Life Month!

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May 4, 2015

## **[BLOG]: Get active during Go4Life Month!**

Be Active Every Day! Celebrate active aging with the inaugural **Go4Life® Month** this September! The National Institute on Aging, in collaboration with the White House Conference on Aging, **Go4Life Month** encourages older adults nationwide to fit exercise into their daily lives every day.

Check out our free resources, including:

- Information on [how to participate](#) in **Go4Life Month**
- Free tools to [help you plan an event](#)
- [Social media posts](#) to share

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