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Subject: [BLOG] & [POLICY BRIEF]: White House Conference on Aging Issues First in Series of Policy Briefs

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Blog: White House Conference on Aging Issues First in Series of Policy Briefs

Today, the White House Conference on Aging (WHCOA) released a policy brief on Healthy Aging, a key focus area for the 2015 Conference.

The Healthy Aging policy brief examines how Americans can enjoy long and healthy lives by maximizing their physical, mental, and social well-being.

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Healthy Aging Policy Brief

Older Americans are calling for a shift in the way we think and talk about aging. Rather than focusing on the limitations of aging, older adults across the nation want to focus instead on the opportunities of aging. Older adults are seeking ways to maximize their physical, mental, and social well-being to remain independent and active as they age.

Healthy aging means living a long, productive, meaningful life and enjoying a high quality of life. [\[MORE\]](#)

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