

**From:** White House Conference on Aging <[info@subscriptions.whaging.gov](mailto:info@subscriptions.whaging.gov)>  
**To:** [Kester, Tonykester@aging.sc.gov](mailto:Kester, Tonykester@aging.sc.gov)  
**Date:** 8/14/2015 3:33:13 PM  
**Subject:** BLOG: U.S. Surgeon General Vivek Murthy and YMCA inspire the young and young at heart to find a #NewWay2Move

---

August 14, 2015

**BLOG: U.S. Surgeon General Vivek Murthy and  
YMCA inspire the young and young at heart to find a  
#NewWay2Move**

Being active is important at every age. That's why the U.S. Surgeon General and the Y partnered to bring young people and older adults together to engage in fun physical activity – together – from Aug. 1-Aug. 8.

Throughout the week there were at least 200 activities hosted by Y's across the nation. These Y's brought thousands of individuals of all ages together to participate in a variety of intergenerational activities, including yoga and group exercise classes, Zumba classes, dance parties, swimming, older adults teaching children how to play [pickleball](#), young campers and senior groups doing the hokey pokey, Family Fun nights, baseball and basketball games and much, much more! [[MORE](#)]

[BACK TO TOP](#)

---

Please do not respond to this email. [Contact the White House Conference on Aging](#).

**SUBSCRIBER SERVICES:**

[Manage Subscriptions](#) | [Unsubscribe All](#) | [Help](#)

Visit our website. [www.whitehouseconferenceonaging.gov](http://www.whitehouseconferenceonaging.gov)