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Subject: Webinar: Go4Life: Promoting Exercise and Physical Activity for Older Adults!

July 14, 2015

Webinar: Go4Life: Promoting Exercise and Physical Activity for Older Adults!

Thursday, July 16, 2015 from 12:30 p.m. - 1:30 p.m. ET

Join us for the “Go4Life: Promoting Exercise and Physical Activity for Older Adults” webinar on July 16, 2015 to learn about Go4Life’s free resources for active aging and how to become part of [Go4Life](#) Month in September.

The Go4Life physical activity campaign from the National Institutes of Health’s [National Institute on Aging](#) provides motivational tips, exercise guides, and other resources that encourage older adults to get ready, start exercising, and keep going.

The webinar is being presented by the National Institute on Aging and co-hosted by ACL and [the HHS Partnership Center/Let's Move Faith and Communities](#). Click [here](#) to register for the webinar. You can learn more about the Go4Life campaign by visiting the [website](#).

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