

Alfred University students create program promoting physical wellness

11/02/17

ALFRED, NY A new program run by students enrolled in Alfred University's Health Fitness Management program aims to promote "multigenerational" physical wellness.

The "Age Avengers" program, created and run by junior health fitness management majors, brings grandparents (or guardians) and grandchildren (ages 5-12) together to discover the joy and health benefits of physical activity. It is being offered Sunday, Nov. 12, from 2-3:30 p.m. at the Hornell YMCA.

The free program offers age-appropriate physical activity, advice on physical wellness, and the opportunity for interaction between the two age groups. Refreshments will be provided.

For more information, contact Josh Long, director of the Health Fitness Management Program, at long@alfred.edu, or call the Hornell YMCA at 607-324-5520.