



# ENGAGE AT ANY AGE

The Y believes you are never too old or too young to take part in activities that strengthen your physical, mental, and social-emotional well-being. Ys across the nation provide opportunities for older adults to improve their health, build relationships and contribute to our cause of strengthening communities. **There's a program at your Y that's right for you.**



## STAY ACTIVE

Engage in regular physical activity to stay in shape and help prevent problems, such as arthritis, that come with age.



## STAY SOCIAL

Ask about volunteer activities at your Y as a way to build meaningful relationships.



## STAY HEALTHY

Eat a variety of fiber-rich fruits and vegetables as part of a healthy diet.



## STAY ENGAGED

Serve as a mentor and foster relationships with youth (they can teach you things, too).

## HELP SEND KIDS TO CAMP!

May 1-22, you can make a donation at any **Macy's** store to support local Y camp scholarship programs.



## IS YOUR Y THE NICEST PLACE IN AMERICA?

Nominate your local Y to be considered for **Reader's Digest's Nicest Place in America** at [RD.com/Nicest](http://RD.com/Nicest) programs.

