

# Building Strong Seniors & Powerful Programs!

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**Brief Description:**

This video submission provides an overview of our project which builds on Healthy Living practices and reinforces the principles of linking together good Nutrition and daily activities that promote positive motion.

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*This submission was selected as part of a national challenge issued to leaders in all communities seeking new "best practices" and "best possibilities" for the future of nutrition and aging.*

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[http://www.onetruemedia.com/otm\\_site/view\\_shared?p=10ceaf2e9e7a831c2714c2b&skin\\_id=1602&utm\\_source=otm&utm\\_medium=text\\_url](http://www.onetruemedia.com/otm_site/view_shared?p=10ceaf2e9e7a831c2714c2b&skin_id=1602&utm_source=otm&utm_medium=text_url)