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**LIVE WELL  
SAN DIEGO**

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## HEALTHY, SAFE AND THRIVING COMMUNITIES IN SAN DIEGO COUNTY

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### NEWS & SUCCESS STORIES

**NEWS // MAY 5, 2016****OLDER ADULTS PASS THE WELLNESS TORCH**

*Live Well San Diego* recognized partner, North County Health Services (<http://www.livewellsd.org/content/livewell/home/all-articles/partners/partner-home/north-county-health-services.html>), hosted the inaugural Golden Years Intergenerational Games at Hollandia Day Park in San Marcos on March 31, 2016. Older adults from the North County Health Services Golden Years program participated in an active, fun-filled day with their grandchildren to promote physical activity and increase knowledge related to nutrition and wellness.

The excited adults and energetic youth paired up and participated in activities including sack races, caricature, hula hoop, egg races and dance competitions. Members of the Golden Years support group dressed up in ancient Greek costumes and participated in a ceremony of 'passing the torch' from one generation to the next.

All participants received goody bags with health information and an Intergenerational Games t-shirt to commemorate the day. Participants were proud to present each other with Olympic-style medals to recognize the accomplishments of the day and all walked away with great memories and new healthy habits.

For more information on this event, please contact Luzmam Vigil at [Luzmam.vigil@nchs-health.org](mailto:Luzmam.vigil@nchs-health.org) (<mailto:Luzmam.vigil@nchs-health.org>).

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## Golden Years Intergenerational Games participants display their wellness torch

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05. 7. 2016

Pet of the Week - Rubi (<http://www.countynewscenter.com/news/pet-week-rubi>)

Rubi is a 10-month-old neutered male Chihuahua blend that is waiting for the perfect family to take him home.

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05. 6. 2016

Third Unrelated Chickenpox Outbreak Reported in County (<http://www.countynewscenter.com/news/third-unrelated-chickenpox-outbreak-reported-county>)

Five students at the Sessions Elementary School in San Diego have been diagnosed with chickenpox (varicella) the San Diego County Health and Human Se...

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05. 6. 2016

VIDEO: A New Seat for the Fleet (<http://www.countynewscenter.com/video?v=158272>)

A huge vehicle service center sits on the bottom two floors of a new parking garage at the County Operations Center in Kearny Mesa. It will be used t...

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05. 6. 2016

Find Some Wheel Deals at County Online Auction (<http://www.countynewscenter.com/news/find-some-wheel-deals-county-online-auction>)

Bidding for the County's latest online public vehicle auction opens Monday, May 9, so check out what's available before these deals on wheels drive o...

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05. 5. 2016

Deputy Public Defender Helps Latin American Countries Transform Legal Systems (<http://www.countynewscenter.com/news/deputy-public-defender-helps-latin-american-countries-transform-legal-systems>)

Like other San Diego County Deputy Public Defenders, Jesus Romero regularly challenges other attorneys in court and makes objections as he defends hi...

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