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.
Golden Years Intergenerational Games participants display their wellness torch

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05. 7. 2016
Rubi is a 10-month-old neutered male Chihuahua blend that is waiting for the perfect family to take him home.

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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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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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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