YMCA Health & Fitness Day at Kahala Mall

by Generations Magazine Staff

The YMCA’s National Senior Health & Fitness Day was enjoyed by many on Wednesday, May 30th, at the Kahala Mall. The YMCA thanked the Kahala Mall and Generations Magazine for their cosponsorship of the day. There were a number of nonprofit organizations who participated, as well as over thirty Generations partners, who offered valuable information to seniors and their families. Demonstrations were held throughout the day, closing with a Vacations Hawaii drawing.