

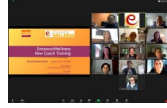
## Staying Connected: Top stories in this newsletter



**September  
COVID-19 Best  
Practice Guidance**



**Enhance®Fitness  
Remote Class  
Delivery Guidance  
Released**



**Project Enhance  
Remote New Leader  
Trainings  
Available**



**Stronger Together:  
Sharing  
What Works**

## SEPTEMBER UPDATES: Best Practice Guidance During Physical Distancing



We recommend that all implementation be done in line with the policies of your organization and the current directives of public health agencies. For the most recent update, click here:

[Project Enhance and COVID-19: Recommendations for Program Delivery.](#)

## Enhance®Fitness Remote Class Delivery Guidance Released



EF remote interactive delivery via video conference platform is now allowable under the terms of guidance sent to all licensed affiliates.

Thank you to University of Washington School of Medicine's PACIFIC Study Team for testing and documenting the remote delivery process. Thank you to Elder Services of the Merrimack Valley, Alliance of Massachusetts YMCAs, National Kidney Foundation of Michigan and YMCA of the USA for their partnership in vetting the guidance for our family of affiliates. And thank you to the many EnhanceFitness Master Trainers and Instructors who sent encouragement and tips from their own efforts to stand up remote programming to keep their communities moving!

## Stronger Together: Sharing What Works!



Are your EF participants loving their outdoor workout? Have you found a new way to recruit EW participants? Do you have a physically distanced indoor EF classroom set-up to share? *Image courtesy of Easton Family YMCA, Maryland*

We want to hear about what is working for you and grow our community of practice, learning from one another. Contact [projectenhance@soundgenerations.org](mailto:projectenhance@soundgenerations.org) to share your stories and be featured in upcoming content.

## Remote Training Now Available for All Project Enhance Programs



Let us help you build your capacity to reach more people and improve lives. Contact [projectenhance@soundgenerations.org](mailto:projectenhance@soundgenerations.org) to schedule!

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Please take a moment to complete this [brief survey](#)

Thank you for sharing your wisdom and for all you are doing to support older vulnerable persons' health and well-being.

**Engage. Empower. ENHANCE.**