

**Title of program:**

Movement is Medicine: Seniors Staying Wrong

**Branch Name:**

Mt Vernon

**Was the program:**

- In-person in a meeting room

**Short overview of the program: Briefly describe the content, including the name and title of any speakers.**

Jenny Grover is a certified personal trainer with the International Sports Sciences Association. Her specialty is teaching older people to move their bodies and thus prolong their lives. "Exercise is Medicine" is Jenny's motto.