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The C.W. AVERY FAMILY YMCA TO PROMOTE OLDER ADULT HEALTH DURING 'KEEP MOVING' MONTH IN MAY

\$2,660 grant from McNeil Consumer Healthcare, the makers of TYLENOL[®] Arthritis Pain, helps YMCA encourage people to stay active

Plainfield, IL- The C.W. Avery Family YMCA) is joining YMCAs nationwide in celebrating *Keep Moving*[®] Month this May. A special community-wide educational event is planned for May 27, 2009 to introduce members and the wider community to *Keep Moving*, a unique education program that shows how simple exercises and other lifestyle changes can help reduce the pain of osteoarthritis (OA).

Keep Moving Month is made possible through a collaboration between YMCA of the USA and McNeil Consumer Healthcare, a division of McNEIL-PPC Inc. The initiative aims to help local YMCA's highlight the health and wellness benefits of YMCA Active Older Adult programs.

The C.W. Avery Family YMCA is one of 100 YMCAs selected to receive a \$2,660 grant from McNeil to support the event, which will include *Keep Moving* exercises and wellness tips in its various Active Older Adult activities. Interested participants can get free *Keep Moving* materials, which provide instructions and tools they can use at home to help in the management of OA pain.

Activities planned for the May 27, 2009 "Keep Moving Month" event at the C.W. Avery Family YMCA include:

- Swimnastics (Water Aerobics) 9:00-10:00am
- Arthritis Presentation approximately 10:20am
- Free Lunch immediately following the presentation
- \$300 in gift cards for local restaurants and shopping to be raffled to attendees
- Free Giveaways

"YMCAs have long been at the forefront of efforts to improve the health and well-being of individuals, families and communities," said Lisa Behounek, Health and Wellness Director, "We believe the *Moving* program can have a real impact on helping older adults overcome some physical obstacles and achieve an active, healthy, lifestyle." Space is limited, to register for this free program, contact Lisa Behounek at 815-267-8600x206 or Lbehounek@jolietyymca.org.

Osteoarthritis is the most common type of arthritis, affecting more than 22 million people in the United States. *Keep Moving* can provide the right kinds of exercise, weight management and joint protection techniques to help lessen OA pain in the knees and hips. To learn more about the *Keep Moving* education program, visit the Web site: www.justkeepmoving.com.

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ABOUT YMCA ACTIVE OLDER ADULT PROGRAMS: YMCA Active Older Adult programs are designed to strengthen the whole person—spirit, mind and body. Many older adults have grown up with the Y and think of it as a place where they can develop new skills, new interests and new friends—in short, where they can enjoy life and remain active and vital contributors to their communities. With this in mind, YMCA Active Older Adult programs are holistic in approach and include a variety of offerings such as: arts (reading groups, fine arts, crafts); educational programs; intergenerational programs (with sons, daughters and grandchildren); low-impact exercise; camping; social clubs; support groups; volunteer opportunities; and water exercise. Visit www.ymca.net for more information.

ABOUT McNEIL CONSUMER HEALTHCARE: McNeil Consumer Healthcare Division of McNEIL-PPC, Inc. markets a broad range of well-known and trusted over-the-counter (OTC) products around the globe. McNeil Consumer Healthcare is most widely recognized for the complete line of TYLENOL[®] (acetaminophen) products, the leading pain reliever brand in the adult and pediatric categories. The TYLENOL[®] product line consists of hundreds of products across a variety of pain categories including: arthritis pain, pain with accompanying sleeplessness and upper respiratory. Other McNeil Consumer Healthcare brands include BENADRYL[®] allergy medicines; IMODIUM[®] A-D anti-diarrheal; MOTRIN[®] IB; PediaCare[®] upper respiratory medicines for children; ROLAIDS[®] antacid products; ST. JOSEPH[®] Adult Regimen Aspirin; and SUDAFED[®] and SUDAFED PE[®] nasal decongestants. Visit www.tylenol.com for product information and www.justkeepmoving.com for more on the *Keep Moving* program.

ABOUT YMCAs: The nation's 2,686 YMCAs serve approximately 21 million people each year, including nearly 10 million children under the age of 18. YMCAs respond to critical social needs by drawing on their collective strength as one of America's largest not-for-profit community service organizations. Through a variety of programs and services focused on the holistic development of children and youth, family strengthening, and health and well-being for all, YMCAs unite men, women and children of all ages, faiths, backgrounds, abilities and income levels. From urban areas to small towns, YMCAs have proudly served America's communities for nearly 160 years by building healthy spirit, mind and body for all. Visit www.ymca.net to find your local YMCA.