

PROJECT ENHANCE® NEWS

A monthly newsletter brought to you by Sound Generations

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Physically distant, Socially connected: Top stories in this newsletter



**Best Practice
Guidance
During COVID-19**



**Enhance®Wellness
Remote Delivery**

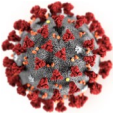


**Enhance®Fitness
Clinical Community
Linkage Toolkit**



**NEW Continuing
Education Discounts**

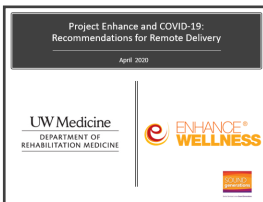
Best Practice Guidance During COVID-19



We've received requests for guidance on best practices given the social distancing restrictions in our communities. We recommend that all implementation be done in line with the policies of your organization and the current directives of public health agencies. For details and additional resources, click here:

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

Enhance®Wellness Remote Delivery

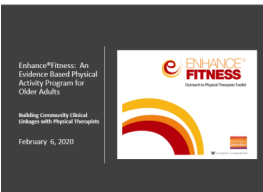


The findings from recent and in-progress research studies on phone-based EnhanceWellness delivery are demonstrating the efficacy of remote delivery.

[Click here to view and listen](#) to a webinar offering guidance for EW Affiliates on navigating the unique challenges of this method as well as understanding the logistics of measuring behavior change.

A copy of the slides is available on request at projectenhance@soundgenerations.org

Enhance®Fitness Physical Therapy Outreach Toolkit Available



The University of Washington Health Promotion Research Center, and YMCA of the USA, with support from Sound Generations, developed a Toolkit as part of a CDC-funded research study (Physical Therapists Recommending Enhance®Fitness to Expand Reach, or PT-REFER). The Toolkit was designed for organizations interested in building partnerships with physical therapy clinics to generate or increase referrals to EnhanceFitness. [Click here to view and listen](#) to a discussion of the study findings and learn how to access and use the toolkit.

A copy of the full Toolkit is available on request at no charge by emailing projectenhance@soundgenerations.org

NEW Continuing Education Discounts for our EF Instructors & EW Coaches



Enhance®Fitness Instructors and Enhance®Wellness Coaches can now enjoy deep discounts on certifications and continuing education (including personal training, group fitness instruction, and health coaching) through our partnership with the American Council on Exercise. Learn more at www.acefitness.org/enhance/

We know that fitness and health coaching professionals—and the evidence-based programs they lead—are part of each participant's interdisciplinary healthcare team. We encourage all our leaders to maintain their certifications and take advantage of this opportunity to continue to increase their knowledge in working with older adults and those aging with disability.

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Please take a moment to complete this brief survey: <http://www.eblcprograms.org/survey/>

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

Engage. Empower. ENHANCE.