

Staying Connected: Top stories in this newsletter



**June
COVID-19 Best
Practice Guidance**



**Enhance®Fitness
Pilots Virtual
Training and Delivery**

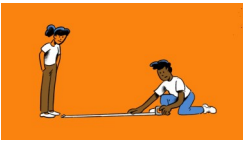


**Enhance®Wellness
Virtual Coach
Training Now
Available**



**Masks and Exercise
Resource Links
from ACE**

JUNE UPDATES: Best Practice Guidance During Physical Distancing



We've received requests for guidance on best practices given the physical 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 the most recent update, click here: [Project Enhance and COVID-19: Recommendations for Program Delivery.](#)

Enhance®Wellness Virtual EW Coach Training Now Available



Congratulations to our new EW Coaches in California, Florida, Massachusetts, and Washington. Thank you for your participation and feedback in our training pilots! We are now onboarding our Master Trainers to the new format, so that EnhanceWellness Virtual Coach Training will be available on an ongoing basis. Are you interested in being part of the next training? Contact projectenhance@soundgenerations.org.

Enhance®Fitness: Piloting Virtual EF Instructor Training in June and more

We are piloting virtual EF Instructor Training this month!



This will be a 2-day training (4 hrs/day), and instructor candidates will submit a videotaped full-class teach-back for review within one week of completing the training. We are learning by doing and will keep you updated!

Our research partners at the University of Washington School of Medicine are piloting virtual interactive EnhanceFitness class delivery in July. Stay tuned!

Social "Fitnessing"



Exercising with face coverings is a topic of much discussion in our work. We continue to recommend that you follow your state's and the CDC's guidelines for wearing facemasks, and their recommendations for social distancing and sanitation measures. Our colleagues at the [American Council on Exercise](#) have shared resources reflecting the latest science:

[Exercising with Face Coverings: Safety Do's and Don'ts](#)
[CDC: Personal Social Activities Guidance](#)

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

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

Engage. Empower. ENHANCE.