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**FOR IMMEDIATE RELEASE**

**Join the Bryan YMCA for a “Lunch and Learn”  
Seminar on the *Graying* of America**

Greensboro, N.C., August 20, 2009 - YMCA Metro Board of Directors Chair Dennis Stearns will host an informative afternoon discussion group about healthy aging at the Bryan Family YMCA on September 23, 2009 from noon until 1:00 p.m. The “Lunch and Learn” seminar will focus on the *graying* of America and how this trend will affect many individuals and their families in the future. Stearns, who will serve as moderator at this event, has participated in many major think tanks around the country on healthy aging and longevity trends and is considered by The Financial Planning Association to be one of the industry’s leading planners and expert on future trends.

"Healthy aging is one of the top areas of interest for many of our YMCA members" says YMCA Metro Chair Dennis Stearns. He continues, "This special meeting for our Heritage Society and guests will discuss how to make better health care decisions in a world that is rapidly changing." Dennis has been a featured speaker on healthy aging trends at many longevity and financial conferences around the country.

Danny Thompson, founder and CEO of AgeMarketing, Inc. – a geriatric consulting and senior care company in Greensboro, N.C. - will be the guest speaker. In 2003, Thompson started Comfort Keepers, an in-home care agency serving seniors in Guilford, Rockingham and Alamance counties. Since 1999, Thompson has been one of the area’s foremost thought-leaders on population aging and its profound business, social, and cultural implications. As a certified geriatric care manager and entrepreneur, Danny has addressed businesses, civic and professional groups, government and non-profit agencies on key health care issues for the senior population. He is currently the president of the Triad Retirement Living Association.

This seminar is one in a series of informative sessions at the Bryan YMCA geared towards educating all active adult audiences, working and retired, in the community. A “lite lunch” will be provided. Attendees should RSVP no later than Friday, September 18, 2009 to assure that they can be properly accommodated. RSVPs can be directed to Nancy Calkins at the YMCA Corporate Office at (336) 854-8413 ext. 107 or via email at nancy.calkins@ymcagreensboro.org.

The mission of the YMCA is to put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all. We build strong kids, strong families, and strong communities.

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