



FLOURISH FRANKLIN COUNTY IS VIRTUAL!

Flourish Franklin County went virtual this year! This event was held at Franklin Park last year, but due to the pandemic and our desire to keep our attendees safe, went virtual to provide in-home entertainment. These unprecedented times call for creative measures, so, nearly 20 exhibitors who normally would have been present to provide health screenings, interactive demonstrations, health information, fitness activities and a style show created videos to showcase their programs and services.

Flourish Franklin County is designed to educate, empower and engage women age 60 and over by providing them an opportunity to flourish. Since all of us are working extra hard to manage our emotions, we decided this year to focus on “Emotional Wellness” and the tools to achieve it.

In addition to informative presentations by local organizations, viewers participated in chair exercises, line dancing, fall prevention techniques, meditation and saw what others are doing to *Flourish at Home* during this pandemic. An extra special treat was a performance by The Motown Sounds of Touch — R&B favorites who perform songs from the Motown Records catalog peppered with tunes by other familiar artists.

Click the link below to view **FLOURISH FRANKLIN COUNTY!**

<https://www.youtube.com/cityofcolumbus/> .