



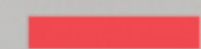
FRAIL

I'm a long-time boxer, and I can still pack a punch. I hit the heavy bag at the gym and swim laps every day. I am a lot of things, and frail isn't one of them.

This is how I **#AgeStrong**.

-Vinny, 83

AGE+



City of Boston
Age Strong Commission
Mayor Martin J. Walsh