

HEALTHY AGING MONTH



Things You Can Do To Age Healthier:

1. Achieve a healthy amount of activity. .
2. Stay connected to your community.
3. Eat a healthy diet.
4. Consider enrolling in healthcare benefits.
5. Understand mental health issues that you can experience as you age such as Depression.
6. Take care of your brain and learn when it may be time to talk to your doctor about memory loss.
7. Learn about Diseases, Conditions, and Injuries that may effect you as you grow older such as Arthritis, Diabetes, and Falls.
8. Manage your medication and treatment for any Diseases, Conditions, or Injuries you may have.

Find out more at: www.hhs.gov

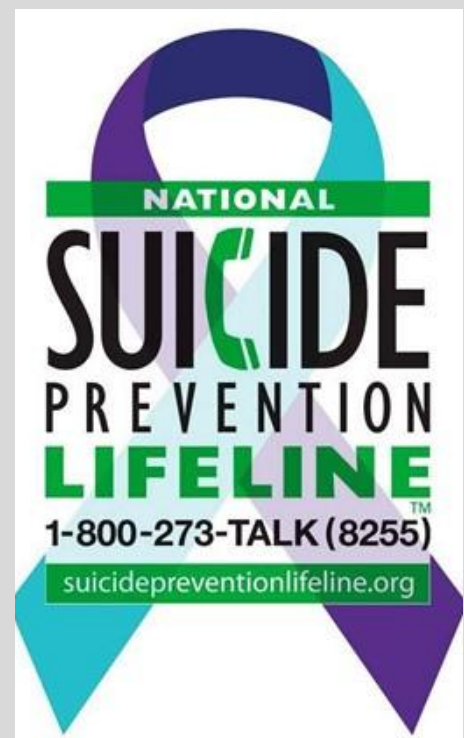
If you would like to learn more about how to help someone who may be thinking about suicide, contact your Juniper Health Clinic and ask an Educator about our FREE 1 hour virtual training session.

MENTAL HEALTH CORNER

September is National Suicide Prevention Month

Did You Know?

- Suicide is the 10th leading cause of death in the US, claiming 47,000 lives in 2017.
- Asking someone if they are thinking about suicide DOES NOT increase their likelihood of attempting to take their own life.
- There are twice as many suicides per year as homicides in the US.
- The suicide rate for men is about 4 times the rate of suicide in women.



Find out more at
www.nimh.nih.gov