

HEALTHY AGING MONTH

Healthy aging starts early on in life including adopting healthy habits and making good lifestyle choices. This helps to avoid health complications that can come later in life. It is never too late to change your habits to help promote healthier aging.

Find out more at: [cdc.gov](https://www.cdc.gov)

Healthy habits to adopt can be:

- Maintain good nutrition.
- Keep your body physically active.
- Keep your mind working and get enough sleep.
- Stay connected and engaged with others.
- Manage stress, stay positive, and seek support when you need it.
- Try to avoid falls and practice safety measures.
- Keep up with health screenings, check-ups, vaccines, and manage any chronic conditions you may have.

MENTAL HEALTH CORNER: SUICIDE PREVENTION AWARENESS MONTH

You may not always know what someone is experiencing. A check-in, a listening ear, a number shared at the right moment, can make a real difference.

Knowing about 988 before you need it, and sharing it with the people in your life, is one of the most important things any of us can do.



Connection is
Suicide
Prevention

SAMHSA
Substance Abuse and Mental Health Services Administration

Call, text, chat online



988

988lifeline.org

