Celebrate Healthy Aging

09

September

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How can we slow aging and maintain a healthy lifespan? The question has long taunted humanity, as shown by the search for the 'fountain of youth'. Rather than searching for mythical spring, read and apply tips in this month's resources about improving longevity and quality of life.

Healthy Aging Month is celebrated every September to promote longevity and wellbeing. Maintaining or adopting healthy behaviors, managing health conditions, and fostering relationships are just a few ways you can stay active and independent as you age.

Take a minute to watch a quick video about this month's healthy habit.

Watch Now ▶

Healthy Habit

Complete the **Build Your Own Blue Zone Challenge** to learn about techniques used around the world to promote longevity and health.

Complete this month's mini challenge!

September 2nd

Find community services available to older adults and their families through the **Administration for Community Living**.

September 3rd

Read **10 Common Misconceptions About Aging**.

September4th

Reconnect with your grandparents, parents or loved one by calling them today.

September 5th

Volunteer at the local retirement home today.

September 6th

Prepare to celebrate **Grandparent's Day, September 8th**. Write a thank-you card, visit a retirement home, or learn about your own genealogy today.

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