2024 September Health & Wellness Resources

Celebrate Healthy Aging

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.

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