

September is Healthy Aging Month

Faith institutions Can Help Dispel Myths About Aging

During the month of September, consider:

- Hosting a workshop at your church on Family Secrets for Positive Aging. Invite the elder members to share their secrets for living a long life.
- Hosting a discussion on Sexuality in the Golden Years and include information on preventing HIV/AIDS among older adults.
- Sponsoring a variety show featuring elder members showcasing their God-given gifts and talents.
- Displaying brochures and pamphlets in the fellowship hall on topics of interest to older adults.

**For more information, visit
www.healthyaging.net**



Common Myths

- Normal aging robs your memory
- Older couples do not enjoy sexual intimacy
- Normal aging makes you frail and fragile
- Older adults do not make good employees

**The combination of spiritual,
physical, social, mental, and
financial fitness is powerful
in the pursuit of a positive lifestyle...**

- Participate in new activities, hobbies, and exercise—these can be wonderful anti-depressants.
- Stay active doing things that use your memory such as taking classes or playing games.
- Volunteer your time. Get involved with a cause that interests you.