



September is Healthy Aging Month!

“This month is the time to celebrate life and turn over a new leaf. September is Healthy Aging Month, a month dedicated to helping individuals gain a more positive outlook about growing older!” - Freedom Home Healthcare

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--------------------------------------|-----|-----|-----------------------------|-----|-----|-----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 National Assisted Living Week | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 Prostate Cancer Awareness Week | 19 | 20 | 21 World Alzheimer's Day | 22 | 23 | 24 |
| 25 World Pharmacists Day | 26 | 27 | 28 | 29 | 30 | |

- ### Community Resources
- [The Connecticut Center for Healthy Aging](#)
 - [Connecticut Assisted Living Association](#)
 - [My Place CT: Determining Your Needs](#)

- ### Online Resources
- [Find an Age-friendly Fitness/Wellness Center](#)
 - [Vision and Aging Pinterest Board](#)
 - [Housing & Health Care: Partners in Health Aging](#)

- ### Toolkits
- [The Active Aging Toolkit](#)
 - [September is Healthy Aging Month— Official News Release](#)
 - [See Well for A Lifetime Toolkit](#)
 - [Functional Foods for Healthy Aging Toolkit](#)

#HealthyAgingMonth #SmokeFreeAging #InfluencingAging #SeniorPlan