

GROWING WELLNESS



Wellness at Every Age

Healthy habits today lead to stronger bodies, sharper minds, and better quality of life—for you and your loved ones.

Family wellness and healthy aging are interconnected concepts, with families playing a vital role in supporting their older members' well-being. Focusing on physical activity, nutrition, mental health, and social engagement are key aspects of healthy aging, and families can foster these by encouraging healthy habits, providing support, and staying connected.

Try to incorporate cognitive and physical family activities like puzzles, memory games, family walks, or even a household dance party!



Live Well, Work Well

The September edition of Live Well, Work Well is here to help you prepare for emergencies, stay safe in the sun, and deal with the transition from Summer to Fall.

National Monthly Awareness

September is National National Preparedness Month. We can't know when disaster will strike, so it is important to make a plan for a variety of disasters. Review our Preparedness steps in this month's Live Well, Work Well newsletter and take some time this month to prepare yourself and your household for an emergency.