

# Healthy Aging Month Pathways to Wellness and Longevity...



September focuses on the importance of adults aged 50 and over intentionally taking care of their health and wellbeing. It is a time to build on and develop healthy habits, such as better nutrition and an exercise routine. We can help you along your pathway to good health and aging gracefully.

**For more  
information  
please call us at  
(213) 536-5815.**



Providing God's spiritual  
healing through healthcare.

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