



# CHATting ABOUT HEALTH

## TIPS for HEALTHY AGING

Adopting healthy habits and making positive lifestyle choices can contribute to overall well-being as we age.



The same things we do to stay healthy in our younger years also help us later in life.

***It is never too late to adopt these healthy habits:***

Eat a healthy, balanced diet



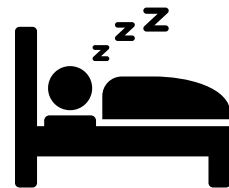
Exercise regularly



Stay socially connected



Get enough sleep



Take care of your emotional wellbeing.

- Manage stress.
- Have a healthy outlook.



- Seek support if you need it

Take care of your physical health.

- Get regular health checkups, vaccines and screenings.

- Manage chronic conditons.



<https://www.cdc.gov/health-y-aging/index.html>

Learn more from CDC:



# GET READY FOR WINTER

Winter weather brings cold temperatures and icy roads.

Winter storms can cause power failures and  
loss of communication services.

*Keep yourself and your loved ones safe.*

*Prepare your home and your car before winter weather arrives.*

## Prepare Your Home



- Weatherproof your house
  - Insulate water lines that run along exterior walls to make them less likely to freeze
  - Caulk and weatherstrip doors and windows
  - Insulate walls and attics
- Have your chimney and flue inspected
- Install a smoke detector and carbon monoxide detector
  - Test them monthly
  - Replace batteries twice a year
- Have your furnace and vent system checked



## Prepare Your Car

- Keep up with routine maintenance as recommended by the manufacturer
- Check antifreeze levels
- Replace windshield wiper fluid with a wintertime mixture
- Replace worn tires
- Fill tires to the recommended pressure
- Create an emergency kit that includes items like a windshield scraper, a shovel, a portable cell phone charger, water and snacks, items to keep you warm like gloves, hats, blankets

<https://www.cdc.gov/winter-weather/safety/index.html>

Learn more  
from CDC



## COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations :  
<https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>



Visit our website for our vaccine clinic schedule:  
<https://www.chathamhealth.org/vaccineclinics2>



WWW.CHATHAMHEALTH.ORG

