

SUNDAY MORNING

Health Corner

Healthy Aging Month

Healthy Aging Month in the **African American community** emphasizes the importance of staying active, eating well, and maintaining mental health as we age.

Engaging in regular physical activities such as:

- **Walking**
- **Dancing**
- **Light strength training or yoga**

A balanced diet rich in **fruits, vegetables, lean proteins, and whole grains** helps manage weight and reduce the risk of chronic diseases like diabetes and hypertension.

Mental health is equally vital; practices such as mindfulness, staying socially connected, and engaging in stimulating activities can enhance **emotional well-being**.

Ultimately, fostering a **holistic approach** to health can lead to a more joyful and fulfilling aging process.



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