

SUMMER SAFETY TIPS FOR OLDER ADULTS

July 2022

According to the Centers for Disease Control and Prevention, older adults are more susceptible to heat-related illnesses and injury. Older adults have health risks that need to be monitored, especially in the heat of the summer. Click the link below for tips to keep older adults safe and healthy in the rising temperatures of the summer months. <https://www.help4seniors.org/news-events/blog/news/archives/2019/07/summer-safety-tips-for-seniors>

For more information on healthy aging or to find a Fit and Fall Proof class, please contact Timalee at 208-533-3149.