

Don't Let Age Get In The Way Of Your Mothers Day!

Month of May



Happy Mother's Day to all the amazing moms and grandmas out there from Eastern Idaho Public Health! As we celebrate this day and express our love and gratitude for our mothers, let's not forget the importance of healthy aging. Our mothers have spent their lives taking care of us, and it's important that we help take care of them as they age. Encourage your mom and grandma to prioritize her health by staying active, eating a balanced diet, getting enough sleep, and staying connected with loved ones. Join us and participate in our Fit and Fall Proof Program with many other outstanding women just like you! Here's to a long, healthy life to you amazing mothers! #HealthyAging #MothersDay

Visit <https://www.nia.nih.gov/health/how-older-adults-can-get-started-exercise> to see how you can get started on your fitness journey!