



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

Sign-up for Farmers Market Coupons

The Alabama Farmers Market Authority is now accepting applications for Farmers Market Coupons! These coupons are for Alabama residents age 60 and older that meet the income requirements. These coupons can be used to purchase fresh fruits, fresh vegetables, cut herbs, and honey at State Certified Farmers Markets, Farmstands, and U-Pick Operations in Alabama. [Click here](#) to register!

For a list of sites to use them, go to <http://agi.alabama.gov/docs/fma/RedemptionSites>



Go Red for National Wear Red Day!

On Friday, **February 2nd**, join us as we raise awareness about heart disease in women by wearing red! National Wear Red Day reminds us that heart disease is the #1 killer of women. It kills **1 in 3 women**. That's more than all forms of cancer combined!

Watch this video to learn what it means to Go Red! Schedule an appointment with your doctor to learn more about your risk of heart disease and remember to ask about the new blood pressure guidelines.



For additional information on Wear Red Day and heart disease, go to goredforwomen.org.

Women's Heart Attack Symptoms

Nausea, tightening of the jaw, and dizziness...do these sound like heart attack symptoms to you? For women, they can be. The American Heart Association's "Go Red For Women" movement partnered with Emmy-nominated actress Elizabeth Banks to create this powerful short film about the different heart attack symptoms women can have. Watch it now!



Free Tax Aid

Low income residents or Senior Citizens can receive **free** help with their taxes in or near several of our counties. If you are interested in these services, [click here](#) to find a location near you and see if you qualify.



FREE TAX AID