



East Alabama Regional Planning
and Development Commission
Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER

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

www.EastAlabamaAging.org

Hands-only CPR

Did you know that Disco can save lives? It can, if you do CPR on someone to the beat of the song “Stayin Alive”. Hands-only CPR is what the American Heart Association is now suggesting be done for teens and adults when their heart stops. There are only 2 steps:

1. Call 911.
2. Push hard and fast in the center of the chest until help arrives.



Click the video on the right for more info!

MayDay Has Been Set

Our MayDay Senior Celebration will be on **Thursday, May 17, 2018** at the *Motorsports Hall of Fame* in Talladega. We will decorate with an Olympic-style theme. This year’s motto will be “**Aging Like Champions!**”! Special guests will include **District 4 and 6 Masters Games** participants and **National Senior Games** participants from our area. If you are interested in attending, call our **Ticket Voicemail** for **FREE** tickets on **April 5** beginning at 10:00 am. We usually run out of 1,200 tickets within the first 4 hours, so don’t forget to call.



Click here for more info! <https://www.eastalabamaaging.org/mayday-senior-celebration/>

Vendors Needed

If you know of a company that would like to be a Vendor at this year’s MayDay event, please share this info! We are expecting over 1,200 people to attend this year! There are 2 levels of sponsorship: \$175 Booth or \$600 Corporate. The corporate sponsorships will have their logo on the backs of the 400+ participant shirts, our website, and our Facebook page. If you are interested in attending, call our Ticket Voicemail at 1-800-239-6741, ext. 145 for **FREE** tickets on April 5 beginning at 10:00 am.



For more information on becoming a vendor, or to register as a vendor, follow this link: <http://bit.ly/2oDubAl>

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