



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

www.EastAlabamaAging.org

Score Big For Caregivers!

Caregivers, students, and professionals are invited to attend this FREE event in Anniston on November 9, 2017 from 9:00 am - 2:00 pm and to wear their favorite team's colors! The event will include door prizes, vendors, FREE CEUs, lunch, and more! [Click here](#) for more information.



Masters

Games Hall of Fame Inductees

Congratulations to this year's *Masters Games of Alabama* Hall of Fame inductees! We have 4 people being inducted from our region this year: Robert and Linda Turner from Anniston, Jerusha Green from Wedowee, and 95-year-old Mattie Lee Heard of Valley. These inductees will be honored on October 3, 2017 in Trussville at the *Masters Games* Hall of Fame banquet with a few others from across the state.



Get Your FREE Medicare Checkup!

Our State Health Insurance Assistance Program (SHIP) will be offering FREE Medicare Checkups. Our staff will be available to help you:

- Understand your Medicare benefits.
- Determine which Part D plan best fits your needs.
- Enroll in a plan of your choice.
- File a Medicare claim or appeal.
- Answer questions about your health insurance.



To find an event near you, [click here](#).

“Go Pink” Campaign

This month, we are “Going Pink” each Wednesday at our Senior Centers for Breast Cancer Awareness. Even though we are “Going Pink”, we are learning about how to reduce our risk of ALL cancers.

Check out our new Bingo game that lists foods that can reduce your risk of cancer by [clicking here](#).

About 20% of all cancers diagnosed in the US are related to body fat, physical inactivity, excess alcohol consumption, and/or poor nutrition, and thus COULD be prevented. Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are:



- Get to and stay at a healthy weight throughout life.
- Be physically active on a regular basis.
- Make healthy food choices with a focus on plant-based foods.

For more info, [click here](#).