



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

www.EastAlabamaAging.org

National Wear Red Day

On **February 5th**, join us as we raise awareness about heart disease and stroke in women by wearing red! National Wear Red Day serves as a harrowing reminder that heart disease kills **1 in 3 women**. That's more than all the cancers combined. Fortunately, heart disease is **80%** preventable. Through education, advocacy, and healthy living, we can defeat heart disease, stroke and protect our women!

For more information on Wear Red Day and heart disease in women, visit goredforwomen.org

National Cancer Prevention Month

The American Cancer society has predicted that more than **1 million** people in the United States will be diagnosed with cancer in 2016. Over **27,000** of those cases are expected to come from Alabama.

Cancer is an awful disease that has claimed the lives of too many people. While our nation's doctors and scientists are working hard to find a cure, there are things you can do to prevent cancer from affecting you.

In honor of National Cancer Prevention Month, we encourage all our readers to [visit our website](#) for some great cancer facts and prevention tips. Arm yourselves with knowledge, so that we can defeat cancer.



Free Tax Aid for Low Income Residents and Seniors

There are several agencies that offer **FREE** tax aid for residents in our 10-county area. [Click here for a list!](#)

Senior Spelling Bee

We are excited to announce that this year's Senior Spelling Bee will be on **March 9th, 2016 at 10:00 a.m.** at the **Anniston Senior Center on Fort McClellan**. It is being sponsored by SouthernCare. The registration deadline ends March 2nd, 2016, so sign up today! To be eligible, you must be age 60 or older and live in our 10-county region. [Go to our website for more information!](#)



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER