



1-800-AGE-LINE
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www.EastAlabamaAging.org

National Eye Care Month

January is National Eye Care Month! Did you know it is recommended to have an eye exam every 1-2 years!? When was the last time you had a complete eye exam? Most eye problems can be treated when discovered early! For more information about maintaining proper vision health, [click here](#).



Healthy Weight Week is January 16-20, 2017

Healthy Weight Week is a few weeks away! Why not start thinking now about changes you can make today to maintain a healthy weight? Healthy weight is not about short, spontaneous diets. It's about choosing a healthy lifestyle complete with healthy eating and physical activity. Not only will maintaining a healthy weight benefit you now, it will also benefit you as you age. For more tips, [click here](#).



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER

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