



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

[www.EastAlabamaAging.org](http://www.EastAlabamaAging.org)

### Friday is "Wear Red Day"!

Wear red **this Friday (February 3rd)** in support of National Wear Red Day. The Red Dress campaign works to raise awareness that women are at risk for heart disease. Heart disease is the **#1 cause of death for women**. Have you talked to your doctor about your risk for heart disease? Why not schedule an appointment today! For more information, [click here](#).



A program of the National Institutes of Health

The Heart Truth logo is a registered trademark of the U.S. Department of Health and Human Services.

### It's Time to Sign-up for Farmers Market Coupons!

This year, the Alabama Farmers Market Authority expects to give out **57,000 Farmers Market Coupon books** across the state. The coupon books are **first come, first serve** to eligible clients to use to purchase locally grown fruits and vegetables. To be eligible, you must be an Alabama resident **age 60 or older** and **meet their income requirements**. The coupon books will consist of 5 checks worth \$6 each. These checks can only be used at roadside stands and Farmers Markets that are certified by the Alabama Farmers Market Authority. [Click here](#) to register and to find an eligible location near you.



### National Cancer Prevention Month

This month is Cancer Prevention Month. Did you know that regular health screenings have been shown to prevent serious illness? Regular health screenings can also lead to early detection of illnesses which increases the chances of treatment or cure! The following cancer screenings are recommended: Breast, Cervical, Colorectal, Prostate, and Skin cancers. Talk to your doctor about scheduling an exam today! For more information, [click here](#).



### Free Tax Aid

Several locations are providing **FREE** tax assistance to Seniors and low income residents. [Click here](#) for a list of the ones we have heard of.



**Area Agency on Aging**  
AGING AND DISABILITY RESOURCE CENTER