



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

www.EastAlabamaAging.org

Let YOUR Voice Be Heard!

Join us for a Town Hall Meeting in your area. These meetings will help us identify community needs to better assist **Seniors**, people of **all ages with disabilities**, and their **caregivers** in our region. Click on a location below for more information.

- [Alexander City, AL - July 12 at 1:00 p.m.](#)
- [Centre, AL - July 10 at 1:00 p.m.](#)
- [Glencoe, AL - July 10 at 9:00 a.m.](#)
- [Valley, AL - July 11 at 1:00 p.m.](#)



Ground Beef Should Be Cooked Thoroughly!

Did you know that **rare** hamburgers are riskier for your health than a rare steak? This is because when meat is ground up, bacteria on the surface are mixed into the meat. That means heat needs to get all the way through the burger to destroy all of the bacteria. Don't let E. Coli stay in your food – **cook it out!** For more information on Ground Beef safety, [click here](#).



AIDB Health Fairs

The Senior Services department of the *Alabama Institute for the Deaf and Blind* is hosting several free health fairs in our area! These events are indoor, open to the public, and for all ages. For more information, contact Tabitha Royal at (256) 761-3740. The locations of events in our area include:

- Ashland (*Millerville High School*): July 26th
- Centre (*Cherokee County Health & Rehab*): October 26th
- Oxford (*Oxford Civic Center*): December 14th
- Talladega (*Family Life Center*): September 20th
- Weaver (*FUMC Weaver*): August 10th



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER