



## Healthy Lifestyle E-Letter Aging & Adult Services

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## **AWARENESS FOR FEBURARY 2013**

In this Issue

You will find Web sites that will lead you to monthly Awareness, that can help you lead a Healthy Lifestyle



American Heart Month

American History Month

**Black History Month** 

AMD/Low Vision Awareness Month

National Wise Health Consumer Month=Mental Health

National Boost-Your-Self-Esteem Month

National Canned Food

**National Cancer Prevention Month** 

National Cardiac Rehabilitation Week 10 - 16

National Wear Red Day 2/1/13

Love Your Pet Day 2/20/13



Our goal is to keep our colleagues and Friends informed of Monthly Awareness and public health topics in the media at the local, state and national level with web-sites addressing these issues.



American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives. Read more at <a href="https://www.heart.org">www.heart.org</a>.

American History Month, want to learn American History? Go to www.americanhistory.about.com/.

Black History Month is celebrated annually in the United State, Canada, and United Kingdom. Read more at www.africanamericanhistorymonth.gov/.

Age-related macular degeneration (AMD) is the leading cause of blindness for people over 50 in the Western world. Read more at <a href="https://www.preventblindness.org">www.preventblindness.org</a>.

National Wise Health Consumer Month, Wise Consumer Health Activity Tips. A list of self-care and wise consumer activities that you can implement during the month of February. Go to <a href="https://www.aipm.net/wise/">www.aipm.net/wise/</a>.

National Boost-Your-Self-Esteem Month individuals with defensive or low self-esteem typically focus on trying to prove themselves or impress others. They tend to use others for their own gain. Some act with arrogance and contempt towards others. Learn more at <a href="www.self-esteem-nase.org/what.php">www.self-esteem-nase.org/what.php</a>.

February is National Canned Food Month, and canned foods are certainly something to celebrate.

Read more at <a href="https://www.voices.yahoo.com/national-canned-food-month-look-canned-foods-5435359.html?eat=37">www.voices.yahoo.com/national-canned-food-month-look-canned-foods-5435359.html?eat=37</a>.

National Cancer Prevention Month according to the American Cancer Society, there is strong evidence that an individual's risk of developing cancer can be substantially reduced by healthy behavior, read more at <a href="https://www.cancer.med.umich.edu/prevention/cancer-prevention-month.shtml">www.cancer.med.umich.edu/prevention/cancer-prevention-month.shtml</a>.

National Cardiac Rehabilitation Week Cardiac rehabilitation is a medically supervised program designed to optimize a cardiac patient's physical, psychological, and social functioning, in addition to stabilizing, slowing, or even reversing the progression of the underlying atherosclerotic processes, thereby reducing death and disability. Read more at <a href="https://www.aacvpr.org/">www.aacvpr.org/</a>.

National Wear Red Day February 1, 2013 promotes the Red Dress Symbol and provides an opportunity for everyone to unite in The Heart Truth life-saving awareness-to-action movement by putting on a favorite red dress, red shirt, red tie, or Red Dress Pin. Get at pin at <a href="http://email.nhlbihin.net/ProductInfo/56-075N.aspx">http://email.nhlbihin.net/ProductInfo/56-075N.aspx</a>.

Love Your Pet Day Feb. 20, How's your relationship with your favorite furry friend? Love Your pet day is a chance to show your cat, dog, tortoise or horse. Read more at <a href="http://www.altiusdirectory.com/Society/love-your-pet-day.html">http://www.altiusdirectory.com/Society/love-your-pet-day.html</a>.