In the last year, over 2,000 older adults in Hancock and Washington counties have benefited from Healthy Acadia's Healthy Aging programming and services, including healthy cooking and nutrition education, Tai Chi for Health, chronic disease prevention and management, efforts to improve food access, and a mini-grant program to support healthy aging.

September is Healthy Aging month and you are invited to join live online wellness sessions for better health! Sessions will be held on Wednesdays in September, at 11:30 a.m. Contact sara.willett@healthyacadia.org to receive information as we get closer to September or follow Healthy Acadia on Facebook.

To donate to help increase quality of life for older adults in our region, visit HealthyAcadia.org/Donate. (Please mention "Healthy Aging" in the notes section.) Donate any amount and receive a free electronic Downeast Hungry for Health cookbook featuring recipes from local restaurants, or receive a beautiful hard copy version with your gift of $50 or more. Questions? Call Shoshona at (207) 667-7171.

Healthy Acadia's mission is to empower people and organizations as we build healthy communities together. Since 2001, we have worked together with hundreds of partners and thousands of community members to address a wide range of local health needs.