

Healthy Aging

Age Well. Live Well.

Simple Steps for a Healthier Future

Aging is a natural part of life, but how we age can make all the difference in our wellbeing and independence. The good news is that healthy habits can help you thrive as you grow older.

Staying Active

Preventive care is very important for adults. By making some good, basic health choices, women and men can boost their health and well-being.

Eat for Wellness

A balanced diet is crucial for maintaining a healthy weight and preventing chronic diseases. The National Institute on Aging (NIA) suggests a diet rich in fruits, vegetables, whole grains, lean protein, and low-fat dairy. Stay hydrated and limit processed foods and added sugars.

Connect with others

Social connections are linked to better mental health and reduced risk of dementia. Consider joining a local club, volunteering, or attending community events to foster friendships and stay engaged.

Keeping the Brain Sharp

To keep your mind sharp, handle daily stress, and improve your sleep, focus on lifelong learning, regular physical movement, mindfulness techniques, and a consistent 7 to 9 hours of nightly rest. These habits help clear mental fog, protect memory, and lower harmful stress hormones

- **Learn new skills**: Try a new hobby, read books, or play logic games like Sudoku to build fresh neural pathways.
- **Move your body**: Walk or swim daily to increase blood flow and feed your brain cells.
- **Stay social:** Talk and connect with friends and family to keep your mind active.

Looking for a Primary Care

Simply scan the QR code to visit our website.

<bibliography>
Septemerber 2026 Wellness Flyer:https://www.cdc.gov/healthy-aging-data/?CDC_AAref_Val=https://www.cdc.gov/aging/https://www.nia.nih.gov/health/healthy-eating-nutrition-and-diet
https://www.health.harvard.edu/mind-and-mood/6-simple-steps-to-keep-your-mind-sharp-at-any-age
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HOPE SUPPORT LOVE LIFE STRENGTH

SUICIDE PREVENTION



UFCW LOCAL 655 WELFARE FUND
SUICIDE PREVENTION
HOPE • SUPPORT • LOVE • LIFE • STRENGTH

HELP IS AVAILABLE

24 Hours a day,7 days a week.

September is a month dedicated to remembering the lives lost to suicide, the millions of individuals who have struggled with suicidal ideation, and acknowledging the families and communities impacted by suicide. It is also a time to bring awareness about suicide prevention, share messages of hope, and remove the stigma around mental health. Suicidal thoughts can affect anyone regardless of age, gender, or background and are often the result of an untreated mental health condition. While suicidal thoughts may be common, they should not be considered normal.

988 Call or text with a trained crisis counselor

911 Call in immediate danger

PAUSE • BREATHE • REACH OUT

SCAN ME

For information about your Mental Health Benefits. Scan QR code.

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314.835.2700

—2027— Digital OPEN ENROLLMENT



OPEN ENROLLMENT BEGINS SOON!

Please be advised that certain benefit changes will take effect on January 1, 2027. For complete details about your coverage, please refer to your plan's 2027 Summary of Benefits and Coverage (SBC).

Scan to visit Participant Portal

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