

From: Comfort Keepers <jgreen@florenceck.com>
To: Kester, Tonykester@aging.sc.gov
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Subject: Is your loved one aging safely?

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

Aging Well and Staying Healthy

The secret to aging well isn't really a secret: stay active, eat well, and avoid those bad habits that can make you ill and cut years from your life. Easy, right? In theory, yes, but in practice these simple tenets are difficult for many people to adhere to. People form habits throughout their lifetimes that can be difficult to change once they reach their senior years. Unfortunately, the effects of these habits (inactivity, poor diet, smoking, etc.) are often not felt until the senior years. Changing these habits, though, can help seniors stay healthy and independent throughout the later years of life. [Read more...](#)

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We have 3 Locations to better serve you:

Sumter, Manning, Camden: 803-773-0099

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In This Issue

Aging Well and Staying Healthy.

Fast Facts

Fast Facts

Exercise releases a protein in the brain that stimulates the growth of new brain cells.

In one study, seniors who participated in physical exercise in social groups were less likely to become disabled than those who participated in classes to learn about healthy aging.

Nearly 45,000 senior adults die each year from complications associated with vaccine-preventable diseases.

jgreen@comfortkeeperssc.com

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Comfort Keepers | 218 Dozier Blvd | 1216 Alice Dr. | 117 Alpine Circle | Florence, Sumter, Columbia | SC |
29150