

# Don't just get older ... get active!

National Grandparents Day is September 13. So we picked this month to shine a spotlight on healthy aging.

Each of us is getting older every day. Fortunately, there are a number of simple things we can do to stay active and mentally alert. Here are just a few of them:

- “ Join adult social groups.
- “ Stay fit through regular exercise.
- “ Eat healthy meals and snacks.

Your Employee Assistance Program (EAP) wants you to enjoy all life has to offer for years to come. Visit our website for information, tips and resources designed to help people of all ages improve their lives.

**800-999-7222**  
**[anthemEAP.com](http://anthemEAP.com)**

This information is for general informational purposes only and all services may not be available with your EAP. Check with your employer for specific information on the EAP services available to you.



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