

# HealthEASE

## STAYING HEALTHY RECOMMENDATIONS & RELATED NEWS

- July Observance:  
National Minority Mental Health Awareness Month. [Link](#)
- Learn tips to prevent heat related illnesses. [Link](#)
- Learn five ways to help your loved one who avoids going to the doctor. [Link](#)
- Learn how to keep your brain healthy while you age. [Link](#)
- Learn fast facts about older adults and drinking. [Link](#)
- Tips on *Safe Sex for Seniors*. [Link](#)
- Test your fitness level. [Link](#)
- It is barbecue season, learn tips to prevent foodborne illness. [Link](#)
- Learn about elder abuse and its warning signs. [Link](#)
- Know the signs of depression in older adults. [Link](#)
- Learn about *Always Safe* – a personal safety program for people with dementia. [Link](#)
- A National Alliance for Caregiving report shows caregivers of people with cancer have more intense responsibilities than those caring for someone with other health needs. [Link](#)

## WORKSHOPS

- **Chronic Disease Self-Management Program:**

Ocean County: Date: July 10 – August 14. Time: 2:00 am – 4:30 pm. To register contact Louanne, 732-281-8391.

Mercer County: Date: July 19 – August 23. Time: 1:00 – 3:30 pm. To register contact Shirley Roberts, 609-631-6819.

## Have a SAFE & fun-filled summer!

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