

Healthy Aging



Health Bulletin

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Call **311** to order free copies.



Stay Healthy at Any Age

A healthy lifestyle is key to healthy aging. These actions can help you stay healthy:



Eat plenty of fruits, vegetables and whole grains.



Be physically active.



If you drink alcohol, do so in moderation.



Don't smoke.



Keep up with health screenings, like blood pressure screenings, and vaccines, like the flu shot.

If you live with a chronic illness, talk to your doctor about ways to manage your illness and live a healthy life.

Reduce Your Risk of Falls

As you get older, a fall can be a serious and costly threat to your health. Fortunately, falls can be prevented.



Stay physically active: physical activity can improve your strength and balance. Talk to your doctor about the best kind of physical activity for you.



Have your vision checked: poor vision can increase your risk of falls.



Make your home safer: keep your floors and stairs well-lit and clear of objects you could trip on.

Manage Your Medications



- Keep a list of your medications, including non-prescription medications, and review it with your doctor, nurse or pharmacist at every visit.
- Always take your medications as prescribed.
- Ask if any of your medications, or medication combinations, increases your risk of falling.

Questions?



The Poison Control Center can answer questions about medications. They are available 24 hours a day, seven days a week. Calls are free and confidential.

Call 212-POISONS.

Stay Socially Active

Spending time with others can improve your mental and physical health.

- Take a free or discounted class at a library or NYC college.
- Attend an exercise class or discussion group at a senior center.
- Volunteer in your community.

Need help getting around?



The MTA offers reduced subway fares for New Yorkers 65 and older.



Access-A-Ride provides transportation for New Yorkers with disabilities.

Visit [nyc.gov/html/dfta](https://www.nyc.gov/html/dfta) to learn about other senior services and programs.

Resources

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Find Wellness Programs for Older Adults

Visit [nyc.gov](https://www.nyc.gov) and search **healthy aging**

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