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www.EastAlabamaAging.org

Wrap-up for our Fitness Contest, Art Contest, and MayDay

We had a BLAST at our MayDay celebration. Thank you to all those who came out! Over 1,200 people attended this year's event and fun was had by all. We'd like to extend a special congratulations to our Fitness and Art Contest winners. Thanks again to all those who made our event a success!

[Click here](#) for Fitness Contest Results

[Click here](#) for our Art Contest Results



Alzheimer's Month and Brain Awareness Month

June is Alzheimer's Month and Brain Awareness Month. All across the world, there are millions of men and women suffering from Alzheimer's and other degenerative diseases. And for anyone who has ever had a family member suffer through the disease, you know Alzheimer's affects not just the patient, but their friends and family as well.



We want to honor those struggling with this disease by encouraging friends, family, neighbors, co-workers, and more to be a part of the **Longest Day Campaign** by doing what they love to help bring an end to Alzheimer's. For more information on how you can be a part, just click [here](#).

Home Safety Month

June is also Home Safety Month, and we're promoting ways that Seniors and people with disabilities can avoid injury from falls, fires, and other potential dangers found in the home. For some great tips on home safety, just follow the [link](#).



Area Agency on Aging
AGING AND DISABILITY RESOURCE CENTER