

Attorney General Mike Cox's Senior Brigade

A MICHIGAN SENIORS INITIATIVE



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Number 2

Staying Healthy & Active

Each month we will highlight a new section of the website. This month's featured section focuses on staying healthy and active.

Did you know you can comparison shop right online for your prescription drugs? And doing so could save you hundreds of dollars each month? To learn more, visit www.michigandrugprices.com.

Click on a link below for more information:

[AGING SERVICES IN MICHIGAN](#)

[AREA AGENCIES ON AGING ASSOCIATION OF MICHIGAN](#)

[DIETARY GUIDELINES](#)

[DIETARY SUPPLEMENTS](#)

[DRIVING AND OLDER ADULTS](#)

[EMERGENCY PREPAREDNESS](#)

[ENVIRONMENTAL HEALTH OF OLDER ADULTS](#)

[EXERCISE FOR OLDER ADULTS](#)

[FDA CONSUMER NEWS](#)

[FLU VACCINE](#)

[FOOD SAFETY FOR SENIORS](#)

[MICHIGAN CLUBS & ACTIVITIES](#)

[NUTRITION AND AGING](#)

[SENIOR CENTERS IN MICHIGAN](#)

[STATISTICS ON THE WELL-BEING OF OLDER AMERICANS](#)

February is American Heart Month



Photo Source: www.aarp.org

Cardiovascular diseases, including stroke, are our nation's No. 1 killer¹. Most heart attacks start slowly, and often people affected wait too long before getting help. Learn to recognize heart attack warning signs by clicking [here](#). Even if you're not sure it's a heart attack, have it checked out!

The AARP offers six tips to avoid heart attacks²:

- 1) Keep your cholesterol in check
- 2) Lower your blood pressure
- 3) Stop smoking
- 4) Control your blood sugar
- 5) Control your weight
- 6) Exercise regularly



Click here for more [tips](#) on Heart Health from AARP.

¹Source: American Heart Association, Inc.

²Source: www.aarpmagazine.org

Michigan Senior Brigade Events Calendar Online

The Michigan Senior Brigade Events Calendar includes events for seniors around the State of Michigan.

Visitors may browse the calendar by category or month, or by city, county, location, or title. It's as easy as 1, 2, 3: 1) Click the "Search" button; 2) enter your search term; and 3) click "Search."



Organizations are welcome to submit events to be included on the Senior Brigade Events Calendar. Click on the calendar icon above to submit your organization's event.