

# HEALTHY AGING: CARING FOR OUR ELDERS, HONORING TRADITIONS

As we grow older, our bodies, minds, and spirits change. Healthy aging is not just about living longer; it's about maintaining strength, dignity, and connection to our culture, community, and land.

## ***What Is Healthy Aging?***

Healthy aging means:

- Staying as independent as possible
- Preventing or managing chronic conditions
- Maintaining mental and emotional well-being
- Connecting with family, tradition, and community
- Honoring the wisdom and spirit that comes with age

# HEALTHY LIFE

To learn more or get connected to Elder wellness resources, contact the clinic at (360) 459-5312.

