

# Well-being This Month: September



## September is Healthy Aging Month

### **Burnalong Challenge: Healthy at Any Age**

9/2/24 to 9/27/24

Through this challenge you have the chance to win prizes by logging minutes of activity such as HIIT classes, meditation, educational webinars, cooking demonstrations, and more!

[Click here to join.](#)

### **Webinar: Healthy Aging**

9/4/24 at 1:00 pm

There is a new saying that “60 is the new 40.” The manner in which we relate and interact with our surroundings makes a huge difference in our individual perception of the aging experience. In this seminar, we will discuss age as a state of mind and in relation to our surroundings.

[Click here to register.](#)

### **Webinar: 5 Ways Technology Will Change How You Age**

9/17/24 at 2:00 pm

Discover apps, sites, and devices that can make it easier for clients to work, stay healthy, live in the home of their choice, and remain socially connected as they age. Share the new technologies that are transforming retirement.

[Click here to register.](#)

### **Webinar: Health Screenings to Feel Great at Every Age**

9/26/24 at 12:00 pm

Explore the importance of proactive aging through a comprehensive overview of age-appropriate health screenings, regular check-ups, and preventive measures for maintaining optimal well-being as you age.

[Click here to register.](#)



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