



NEWS COLUMN – Area Agency on Aging District 7, Inc.

Release Date: Wednesday, September 24, 2025

Contact: Jenni Lewis, Community Outreach

1 Acy Avenue | Jackson, OH 45640

Phone: 1.800.582.7277, ext. 22224

E-Mail: jlewis@aaa7.org | Website: www.aaa7.org

September is Healthy Aging Month

by Jamie Herrmann, Executive Director

September 2025 Monthly Column



September is a time of transition in Ohio. The days get shorter, temperatures begin to drift downward, and leaves begin to change. It is my favorite month of the year! Not just because of all the colorful leaves, football games, and pumpkin spice lattes, but because it is Healthy Aging Month!

Originating in the 1990s, Healthy Aging Month focuses on physical, mental, social and financial well-being. The intent of Healthy Aging Month is to promote positive aging, encourage healthy habits, address holistic well-being, and raise overall awareness. This year's theme, "Never Too Late to Reinvent Yourself", is a great reminder that creating new and healthy habits can happen at any age.

The best part of "reinventing yourself" is that building new habits does NOT require a full life makeover. It starts with identifying some areas that you want to improve and making small, manageable changes. Want to build an exercise habit? Try stretching in the morning while your coffee is brewing or set a timer for five minutes and walk around your house, office or neighborhood after you finish lunch. Combining something new with something you do every day is a great way to incorporate a new habit. Want to improve your mental health? Try journaling. Gratitude journaling is a great way to intentionally seek out positive things in your life and help you to feel grateful.

The Area Agency on Aging District 7 (AAA7) offers several wellness programs that are evidence-based for those age 60 and over. For more information on what classes are available and other community resources, contact us at 1-800-582-7277 or email info@aaa7.org.

###