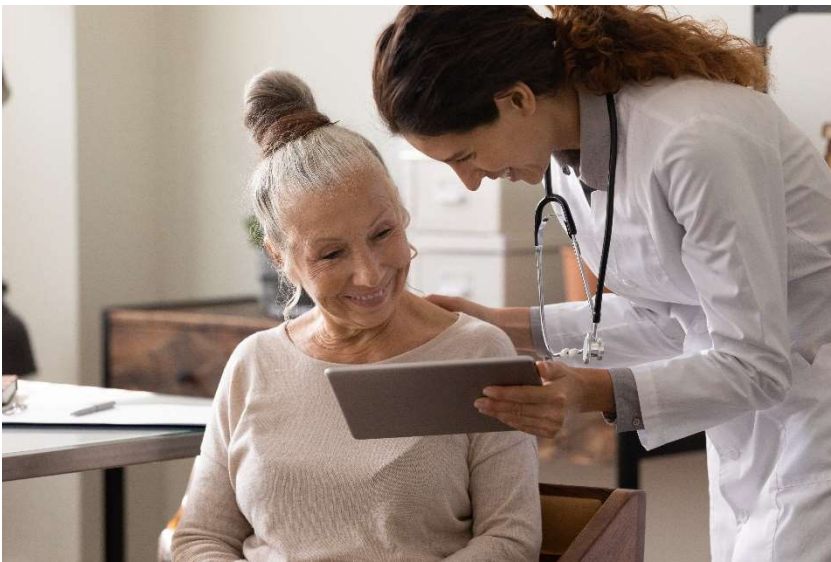


Thought of the Week

January – Healthy Aging

Medical advances and technology can detect diseases earlier than ever before and save lives, but making prevention a part of your everyday life is also important. There's nothing mysterious about taking preventive action; it's a matter of making healthy choices daily. Eating nutritiously, maintaining a healthy weight, exercising most days, taking your medications correctly, getting your shots or vaccinations, and getting your check-ups and screening can help overall.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for "Staying Healthy."



EAP Thought of the Week is developed for Sentara EAP clients by the Sentara EAP staff. Sentara EAP assists with challenges at home or at work. To schedule a confidential appointment with a licensed clinical professional, call 1-800-899-8174.

Visit our website at www.sentaraEAP.com for additional topics and information.