

Together we can...

Help older Americans lead more vital lives by helping them to eat better and move more. We hope you will join the campaign.

By joining the *You Can!* campaign, your organization can:

- Reach a wider audience.
- Highlight your current programs and activities.
- Network with other organizations.
- Receive the exclusive *You Can!* toolkit.
- Get recognized as a *You Can!* partner.

What is the Administration on Aging?

As the federal leader of the National Aging Services Network, AoA is committed to making fundamental changes in the long-term care system by developing more home and community-based care options for older persons and their family members. AoA is focused on aging policy and service innovation to provide older people the tools they need to live independently by building capacity of the Aging Services Network.

In this role, AoA works to heighten awareness among other Federal agencies, organizations, groups, and the public about the valuable contributions of older Americans and alerts the public to the needs of vulnerable older people. AoA implements the Older Americans Act and provides grants for research, training, and demonstration projects.

U.S. Department of
Health and Human Services
Administration on Aging
Washington, DC 20201

AOA
Administration on Aging



STEPS TO HEALTHIER AGING
A Program of Steps to a HealthierUS

AN INVITATION TO PARTNERS



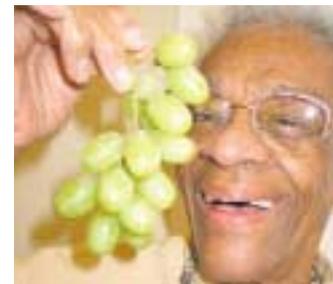
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Place
stamp
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Good eating habits and physical activity can help you feel better and improve your health and well-being.

This is especially true for older adults who want to prevent, delay, or manage conditions such as heart disease, diabetes, obesity, depression, and osteoporosis.

The Administration on Aging recognizes the significant role that organizations like yours play in helping older adults be healthy, active, and independent as they age. That's why we are inviting you to join us in a national campaign, *You Can! Steps to Healthier Aging*. By becoming a *You Can!* partner, your organization can take another step to help older Americans make healthier lifestyle choices that can save lives and improve the quality of lives.

Join the campaign. Get recognized for what your organization is already doing. Get ideas and tools for new activities and programs.

What is the *You Can!* campaign?

You Can! Steps to Healthier Aging is a part of the U.S. Department of Health and Human Services' *Steps to a HealthierUS* initiative, which encourages Americans of every age to make healthier choices.

The *You Can!* campaign is designed to increase the number of older adults who are active and healthy by using a partnership approach to mobilize communities. Together, we will create public awareness and make programs available to help older Americans improve their nutrition and increase their physical activity.

It's easy to be a *You Can!* partner

All you need to do is:

- Tell your community about the importance of making healthier lifestyle choices.

- Provide opportunities for older adults to receive information about improving nutrition choices and increasing physical activity.
- Look for ways to implement nutrition and physical activity programs and activities for older adults.

If your organization is already doing these things, sign up and become a *You Can!* partner. If not, sign up and AoA will give you tools and information to help you get started.

To join the *You Can!* campaign just enroll online at www.aoa.gov/youcan. If you do not have access to the Internet, you may call or write to have an enrollment form sent to you at:

U.S. Department of Health and Human Services
Administration on Aging
Washington, DC 20201

Telephone: (202) 619-0724

E-mail: aoainfo@aoa.gov

To help you, the Administration on Aging will:

- Send you outreach and promotional materials.
- Invite you to participate in national events.
- Recognize your organization as a *You Can!* partner.
- Provide examples of physical activity and nutrition programs and activities.

Find out more about the many ways to participate in the *You Can!* campaign by visiting: www.aoa.gov/youcan