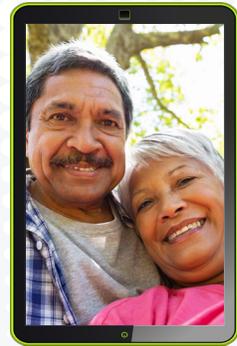


Engage at every Age



Take the Selfie Challenge!

Older Americans Month is a great time to show the world you are never too old (or too young) to enrich your life and your community. This year, we want to see how *you* stay engaged so that you can help inspire others to do the same. Snap a selfie or have someone take your picture participating in activities that improve your mental and physical well-being. Then, post your image to social media using the hashtag #OAM18. Encourage your peers to do the same and you might just gain a little inspiration from others. No matter where you are in your life, there is no better time than now to start engaging in yourself and the world around you.

