



Dear Colleague:

I thought you might be interested in this new report, [A New Vision of Aging: Helping Older Adults Make Healthier Choices](#).

Developed in collaboration with the National Council on Aging and with funding from the Centers for Disease Control and Prevention, the report summarizes the evidence on the benefits of health promotion in older adults.

A New Vision of Aging also identifies programs that effectively help older people to live longer and healthier lives by increasing physical activity, improving eating habits and minimizing the risk of falling.

Professors, students and professionals concerned with the health of older adults will find this report a valuable reference document to help them identify research gaps and organize efforts to increase the availability of such programs for all.

Please visit the [Center for the Advancement of Health's Web site](#) to view a PDF version of *A New Vision of Aging: Helping Older Adults Make Healthier Choices*.

Sincerely,

Jessie C. Gruman, Ph.D.
President and Executive Director

Center for the Advancement of Health
2000 Florida Avenue NW, Suite 210
Washington, DC 20009
(202) 387-2829 (phone)
(202) 387-2857 (fax)
cfah@cfah.org

The information expressed in this message was not composed by AGHE or any member of its staff. The email was written by an outside enterprise or individual who purchased this service from AGHE. The service is limited to one outgoing message at a time. All applicants wishing to purchase this service must first provide AGHE with the text for approval. Only appropriate and applicable information will be sent through this venue. If you wish to be taken off the email list, or would like to obtain a one time usage of our email database, please email Brian Cowan (bcowan@aghe.org) for more information.