



Healthy U - Resources for Healthy Aging

What it is

Healthy U is a health education program with resources for the 60+ population. This program is offered by The Partnership for a Healthier Carroll County. Topics include stroke, obesity, skin cancer, nutrition, and physical activity.

Healthy Aging Leadership Team members are available to give short presentations on these topics. Information resources will be shared, and attendees can have their questions answered by our team. Each topic is carefully researched and presented in a clear format suitable for adult community groups.

These health topics were carefully chosen by the Healthy Aging Leadership Team to align with health priorities identified through the Carroll community's Health Needs Assessment. This assessment is performed every 3 years, and provides information about our community's most pressing health issues.

Healthy U materials are compiled from the following qualified sources:

- The Centers for Disease Control and Prevention (CDC)
- American Heart Association
- National Stroke Association
- National Institutes of Health
- National Institute on Aging
- U.S. Department of Agriculture
- Skin Cancer Foundation

The *Healthy U* resource materials can be viewed at HealthyCarroll.org/Healthy-U

Who we are

The Partnership for a Healthier Carroll County, Inc. is a non-profit organization founded by Carroll Hospital and the Carroll County Health Department. Our team members are local experts in their respective fields.

For more information or to request a presentation, contact us at:

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