



**PrimeTime Health**

## **RINGING IN A HEALTHY NEW YEAR**

In just a few short days, we will be saying “good-bye” to 2006 and “hello” to the year 2007. As we make our resolutions for the New Year, let us resolve to improve our health and make this the year to look and feel great.

The Clearfield County Area Agency on Aging’s PrimeTime Health Program will be presenting a program on the top medical breakthroughs you can use to improve your health and your life as you begin a new year. And you won’t have to make a drastic change in your lifestyle. Just a few changes in your routine will provide huge benefits such as reducing the “spare tire” around your waist, preventing diabetes and lowering your risk for heart disease and cancer.

For locations, dates, and times of programs, call 765-2696 or 1-800-225-8571 or visit the Clearfield County Area Agency on Aging website at [www.ccaaa.net](http://www.ccaaa.net). Click on “Senior Centers” and select the center closest to you. Go to the bottom to click and check the month’s activities.

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