



March 2025

It's still winter!
For weather cancellations, please visit our website:
MilestonesAAA.org

Take Action for a Stronger Heart

Heart disease is the leading cause of death in America, making it essential to adopt habits that support cardiovascular wellness. The American Heart Association recommends the following key lifestyle changes to keep your heart strong:

- **Choose a Heart-Healthy Diet:** Emphasize fruits, vegetables, whole grains, lean proteins, and fish. Limit intake of saturated fats. Opt for healthy fats like those in olive oil and avocados.
- **Engage in Regular Physical Activity:** Aim for at least 120-minutes of exercise each week. Activities such as walking, Tai Chi, and yoga are low-impact with high-return. Visit our website for Tai Chi class information: MilestonesAAA.org.
- **Maintain a Healthy Weight:** Being a healthy weight reduces the strain on your heart. Combine a balanced diet with exercise to manage your weight effectively.
- **Quit Smoking and Drinking:** These habits can lead to high blood pressure, heart failure, and stroke.
- **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, prayer, or deep breathing.
- **Ensure Quality Sleep:** Aim for 7-9 hours of sleep per night. Establish a regular sleep schedule and create a restful environment to improve sleep quality.
- **Monitor and Manage Health Metrics:** Regularly check your own blood pressure, cholesterol, and blood sugar. Work with your doctor to keep these numbers in check.

--- Provided by the American Heart Association

In-Person Tai Chi Classes

Milestones AAA
Davenport Office
935 E. 53rd Street
Tuesdays (16 weeks)
March 18 – July 1
10-11am

Class size is limited. Register by March 3 to reserve your spot!

Call Milestones to register:
563-723-5969



Upcoming Events

- **Free Art Class:** Third Thursday of each month at 1pm. Newberry Center, 728 Ave. G. Fort Madison, IA.
- **B-I-N-G-O:** Every Friday at 11:45. Albia Leisure Lounge, 17 N. Clinton, Albia, IA.
- **Crafternoon:** First Tuesday of each month, 1pm. Newberry Center, 728 Ave. G., Fort Madison, IA.
- **Card Club:** Every Thursday at 10am. Community Center, 104 Sand Run Rd., Fruitland, IA.

THE ANSWERS YOU *Need*

The Milestones Information & Assistance (I&A) program provides a one-call destination to address the needs of older adults and adults living with disabilities. Assistance is a just a phone call away!

