

May

Summer Farmer's Market

The best organic food is what's grown closest to you. Shopping at a farmers' market is a great way to meet local farmers and get fresh, flavorful produce. The main outdoor Rochester Downtown Farmer's Market is open every Saturday, rain or shine, from the first Saturday in May through the last Saturday in October. Hours are 7:30 am - noon.

Every Journey starts with a first step

For many of us, a healthy lifestyle is often more of a vision than a reality. Sometimes making changes to our lives seems like a looming task, and it's easier to avoid changing than to start on the journey toward better health. The first step toward a healthier lifestyle doesn't have to be big. It could be as simple as taking the stairs instead of the elevator, or replacing an afternoon candy bar with a piece of fruit. Once the decision to improve health is made, start with one basic change. Every change after that will seem easier.

Start Slow!

Older adults of all ages can become more active - just "**start low and go slow!**" Be active at one's own pace, and do activities that are enjoyable and with which each person is comfortable. Be sure to consult a healthcare provider before increasing physical activity if any chronic health problems exist and/or prescribed medications are being taken.

Summer Safety

As summer approaches, more outdoor activities are available for individuals and families. Enjoy the summer and remember to take the proper safety precautions.

The three most important are:

- Remember to drink more water
- Wear light, breathable clothing
- Wear sunscreen and avoid being in the sun when the sun's rays are most direct

