



[LEARN MORE ABOUT OUR UPCOMING ART & HISTORY WALK](#)

Visit our Website

## Upcoming Outdoor Event!

18 seconds to read

On February 6th we will be having a fun 1.5-mile walk in Downtown Baton Rouge with breaks close to every .5 miles. We will be looking at and talking about many different art and history pieces during the walk, including people, places, and events that shaped Louisiana into what it is now.

Space is limited due to COVID-19 SIGN-UP NOW!

[Link to the Facebook event with details](#)

[Link to the RSVP form](#)



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## Reconnect with STORYCORPS

23 seconds to read

StoryCorp is a nonprofit dedicated to building connections between people through storytelling. Together, they are helping older adults across the country stay connected with family and friends in these unprecedented and challenging times. Since 2003, StoryCorps has given over 600,000 people of all backgrounds and beliefs the chance to record interviews about their lives and preserve them in the Library of Congress.



[Learn more about STORYCORPS](#)

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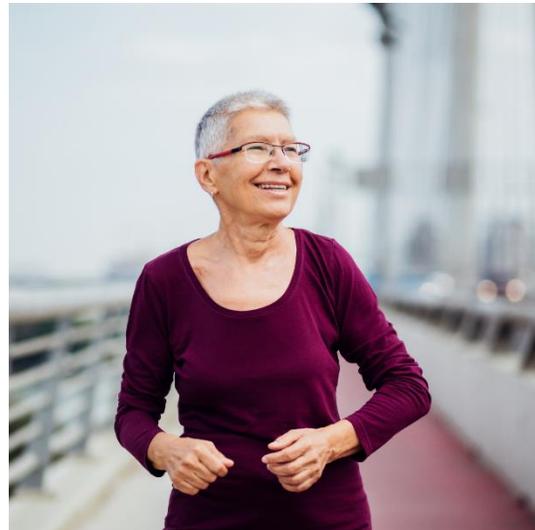
## Active Choices

27 seconds to read

Capital Area Agency on Aging is implementing a new evidence-based health behavior change program developed by a team of behavioral scientists, with the input of experts in the areas of Medicine, Public Health, Exercise Science, Nutritional Science, and Psychology. It provides remote guidance, feedback, and support while offering older adults the flexibility to choose when and where to undertake their physical activity.

Beginning to schedule introductory sessions on February 22nd

Contact: Jeffrey Wittenbrink  
email: [jwittenbrink@capitalaaa.org](mailto:jwittenbrink@capitalaaa.org)  
Call: (225) 928-8767



## Myth About Exercise

18 seconds to read

**Myth:** When you are older, physical activity doesn't do as much to prevent health problems as it does when you are younger.

**Truth:** Physical activity is important when you're young, but it is **crucial** as you get older. As you age, you risk losing important physical functioning by being inactive. Exercise is very important for maintaining and restoring good health and daily physical functioning.



**BE SURE YOU KNOW EVERYTHING THAT  
CAPITAL AREA AGENCY ON AGING OFFERS!**



### Capital Area Agency on Aging

CAAA offers Legal Assistance, Wellness, Telephoning, Caregiver Support, Personal Care, Homemaker, Transportation, Congregate Meals, Home Delivered Meals, Senior Community Service Employment Program (SCSEP), Prescription Drug Assistance (SenioRx), and Utility Assistance!

#### [Programs](#)

Please feel free to call our friendly staff!