

October 6, 2008
For immediate release

Alberta Health Services marks Mental Illness Awareness Week, October 5-11, 2008

Edmonton—Seniors' mental health is a key focus of Mental Illness Awareness Week (MIAW) 2008 and Alberta Health Services (AHS) will mark this week with events and interactive displays in local health facilities.

Aging is a natural process with many new experiences to look forward to. Seniors can take a number of positive steps to support their well being and to contribute to a healthy lifestyle.

During MIAW, AHS will release a booklet called *Mindful Aging*. This new resource provides seniors with many practical suggestions on healthy living for older adults and ways to approach aging during this transition period of their lives.

The goals of this new resource are to

- Dispel common myths related to the aging mind.
- Promote good mental health in the older years.
- Increase mental health literacy among older adults and their caregivers.
- Encourage seniors to take care of their mental health.

The book can be viewed at <http://www.amhb.ab.ca/Publications/publications/Pages/MindfulAging.aspx>. Alternatively, a hard copy can be obtained by contacting your community mental health office or clinic.

Some challenges that may affect adults in later life include depression, anxiety, dementia, and addictions. While aging is inevitable, it is possible to take steps to be healthy, including: staying physically and mentally active, having a positive attitude and willingness to embrace change, and learning to be resilient.

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