

# HEALTHY Aging

## Newsletter

A Publication of Lincoln University Cooperative Extension Paula J. Carter Center on Minority Health and Aging

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### MESSAGE FROM LUCE ADMINISTRATOR

The Summer 2023 edition of the Paula J. Carter Center on Minority Health and Aging (PJCCMHA) Healthy Aging Newsletter was to be focused on First Times. We hope, if you have not done so before, you will consider for the First Time the benefits of gardening. You may be surprised to know it is not too late in the summer to begin what is known as a fall garden. Fall gardens produce items like beans, beets, spinach, turnips, broccoli, cabbage, etc. For more information about what you might plant and how to plant it, you can contact our horticulturalist, Dr. Touria Eaton, at [EatonT@LincolnU.edu](mailto:EatonT@LincolnU.edu).

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