Take the Selfie Challenge!

Older Americans Month is a great time to show the world you are never too old (or too young) to enrich your life and your community. This year, we want to see how you stay engaged so that you can help inspire others to do the same. Snap a selfie or have someone take your picture participating in activities that improve your mental and physical well-being. Then, post your image to social media using the hashtag #OAM18. Encourage your peers to do the same and you might just gain a little inspiration from others. No matter where you are in your life, there is no better time than now to start engaging in yourself and the world around you.

#OAM18  oam.acl.gov