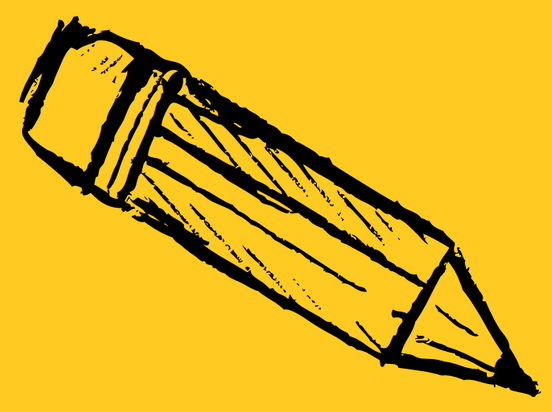
Be the Connection
www.oregonbhi.com



Aging is... Awesome!

Anti-aging messages are harmful, hurtful and ageist.

Clackamas, Multnomah and Washington Counties invite you to celebrate aging and participate in the **2022 Older American's Month Age-Positive Birthday Card Community Challenge**.

Step 1: Create an original, age-positive image *and/or* birthday message that celebrates aging. Get ideas here: **https://changingthenarrativeco.org/**

Step 2: Send us your card by April 30th and be entered to win up to $100! Finalists will be selected for print and made available to the community. Check here for details: **https://www.co.washington.or.us/endloneliness.**

Open to: The tri-county community, aged 0-122

For more information, please email oabhi@multco.us

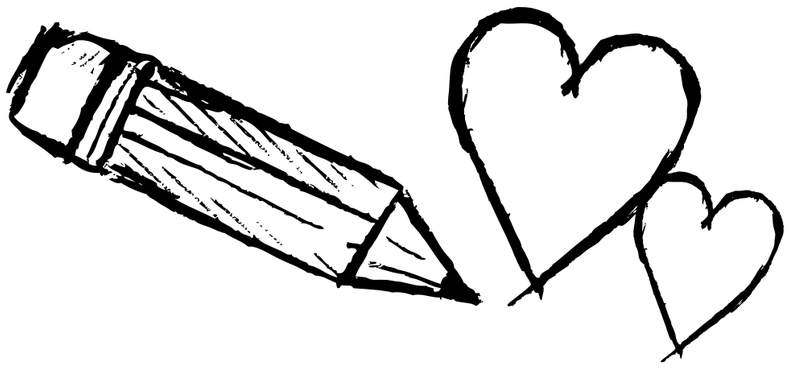
BUILDING PARTNERSHIPS FOR OLDER ADULT BEHAVIORAL HEALTH

OLDER AMERICANS MONTH
AGE MY WAY: MAY 2022

OLDER AMERICANS MONTH

AGE MY WAY: MAY 2022

BUILDING PARTNERSHIPS FOR OLDER ADULT BEHAVIORAL HEALTH



Clackamas, Multnomah and Washington Counties

2022 Older American's Month
Age-Positive Birthday Card Community Challenge

Submission Form

Creator's Name: _____

Age: _____

Phone: _____

Address: _____

Send submissions to **oabhi@multco.us**
or mail to:

Birthday Card Challenge
Washington County DAVS
155 N. First Avenue, MS 44 | Hillsboro, OR 97124

Create a card using the space below or a separate piece of paper.