

This autumn season, fall into tips on financial security, how to live a healthier lifestyle and opportunities to save on local activities in Michigan!

You don't want to miss this edition of AARP Michigan's monthly newsletter.

View archived newsletters here:

Cutting Meat from Diets:

Good or Bad? [Video]

Cutting back on meat can have

several impacts on your body.

Learn about the effects as well as

diet alternatives for a healthier,

meat-free life.

WATCH

What Your Heart Rate Says

About Your Health



Growing Debt with

Growing Age

Retirees are dealing with growing debt and decreasing financial security. Discover how this impacts retirement planning and how this trend came to be.



How to Vote Smart

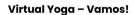
in 2024

How Much Will Social Security Increase Next Year?



Inflation is cooling. What can you expect for your 2025 Social Security cost-of living adjustment? Read on to find out how much your payment will increase.







Get down with downward dog and come embrace mindful movement with this virtual bilingual yoga event during Hispanic Heritage Month.



Knowing what your heart rate Enhance your knowledge for the means is key to better health. 2024 election and enter to win a Learn what a healthy rate is \$500 cash donation to your and how to measure it to favorite local charity. maintain your well-being. **READ MORE VOTE SMART**

Experience Michigan Through Discounts!



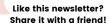
Discover experiences across the state with discounts! From delicious dining to fun attractions, save and enjoy with AARP.



Scams in the Era of Al

Scam artists are now using artificial intelligence to create realistic fraud schemes that can easily fool you. Read about how these scams are evolving.





Want to know more about AARP's offerings? Sign up to receive emails at www.aarp.org/Yes2Email.