

What the AARP!

News and Notes from AARP Michigan

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.

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ARCHIVE



Experience Michigan Through Discounts!



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

SAVE

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

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.

READ MORE

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.

LEARN MORE

Scams in the Era of AI



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

STOP FRAUD

What Your Heart Rate Says About Your Health



Knowing what your heart rate means is key to better health. Learn what a healthy rate is and how to measure it to maintain your well-being.

READ MORE

How to Vote Smart in 2024



Enhance your knowledge for the 2024 election and enter to win a \$500 cash donation to your favorite local charity.

VOTE SMART

Virtual Yoga – Vamos!



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

JOIN

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