





Prep for June

Safe Summer Sun

Fun Indoor Therapy

Take time to review the content

informative addition to your facility decor.

The therapy team has tools to produce a Wellness Event focusing on this month's

Work together to plan and promote the event. More people

visiting your community is an

supplemental activities to boost

resources, such as printable

templates PR and social media

graphics, music, video clips and more! Go to www.AYoW.com

Center, there is a link to

and create an account to acces all the tools.

added benefit. - Celebrate any of the whimsica

for this month's Wellness &

Wellness Theme

Activity Ideas

Safe Fun in

Aging on the insi the outside, plus about protecting

Summer sunshine abounds the extreme heat of July, it's outdoors soaking up wonder vitamin D. Just remember :



Intrinsic aging: As we advance i Extrinsic aging: After retirement, pend more time outside doing or

Must-do sun safe sun ren Whether you are a new believer in prote harmful UV rays or have been a regular never too late to take precautions to he much of a good thing.

- Wear wide brimmed hats Show us your shades - protect the e
- Wear loose-fitting, long-sleeved shirts t Make sunscreen a daily morning ritual Take breaks in the shade and eliminate Hydrate, hydrate, hydrate
- · Be sure medications don't interact wit

Identifying November

Prep for November Therapy Theme

- American Diabetes Month
 - - Extreme hunger Blurred vision Fatique
 - Unexplained weight loss
 - Diabetic ketoacidosis







order these at www. by the 15th of the prior month. Center online in oxidition to

ordering the Wellness Event invitations and flyers, the AYOV social media graphics, music and video clips, as well as PR tools and templates to support the Wellness Event and the fun holidays suggested on the Let's Have a Little Fun Card (included in Facility Program). Go to www.AYoW.com and create

Health Benefits of

Take time to review the content for this month's **Therapy & Wellness Themes** so you can plan ways to

incorporate the information into activities and programs:

It was designed to be a useful, educational addition to your therapy gym.

with your facility team to plan and promote the event. It

can increase good will in the community, as well as help boost census for the facility.

Type II Diabetes

While many patients and residents may have a clinical diagnosis for Type II Diabetes, there are some clinical hose who may be undiagnosed.

- Increased thirst Frequent urination
 - Tingling, burning, or numbness in feet and Pain in joints or muscles Frequent infections

Slow-healing sores

Wellness and

complete monthly

program content

Guides with

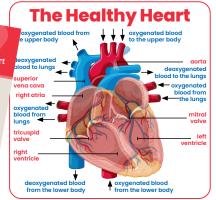
Therapy

The Anatomy



Organs and muscles no longer respond to insulin (insulin resistance) and ingest less glucose.

Please join as for a Wolfman & Pain Management Sweet Ways to Love Your Heart Simple Ideas to Help Prevent Heart Disease Monthly Wellness **Event** Invitation **Templates**





Monthly extras like Cookbooks and Handouts

Colorful Infographics