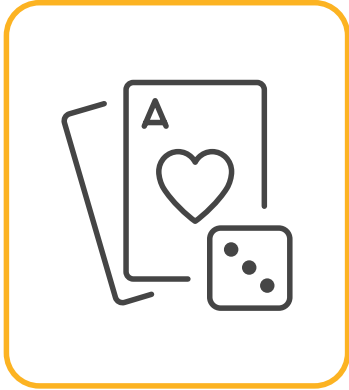


Healthy Aging Practices

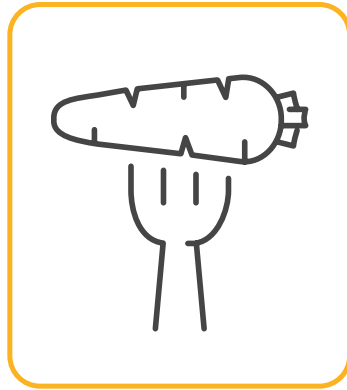
Like all phases of life, our senior years come with their own unique set of challenges and opportunities. Developing healthy habits as we age can help lengthen our years, as well as improve our quality of life. Keeping a positive attitude can go a long way!



1

Games and Brain Health.

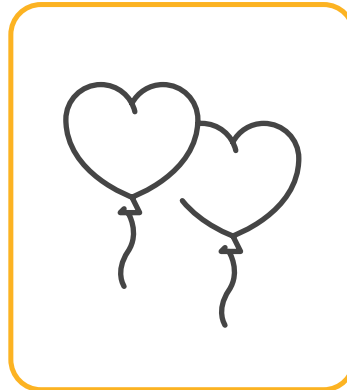
Experts say that playing games can contribute to brain health. Challenging oneself through regular brain games can be fun and keep our mental game sharp.



2

Eating Fresh.

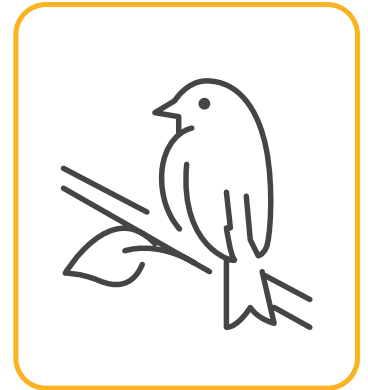
As metabolism changes with age, it's even more important to consider the best options for your personal health needs. Check with your dietary department for fresh, healthy and tasty diet options.



3

Healthy Friendships.

Friendships can enhance life and bring joy. When it comes to friendships, quality trumps quantity—one true friend can have immeasurable value.



4

Life Enriching Activities.

Life enrichment can have spiritual, physical, emotional, educational and social components. Your activities team can assist with fun and healthy choices to keep patients and residents on track for happy and healthy aging.

September



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