

2020 TOP 20 HEALTHY AGING RESOLUTIONS

This year, resolve to improve your physical, mental and emotional health with beneficial lifestyle changes!

K Q F F Z Q E Z U R I U F T O C H
 I U A J Y W C H M C G E R R N A E
 W I L V O L U N T E E R I N G R A
 Y T L E A R T G K S S N E I I E L
 E S P G P E J V O K O C N X M G T
 C M R G R X X P N I C V D S M I H
 C O E I X E R E T T I A S C U V S
 N K V E S U Y I R Y A A H O N E C
 R I E S P J R E T C L S I U I R R
 O N N M G T O E E C I M P N Z S E
 U G T F U Z F C E X Z S S S A U E
 Y B I N J A K C T J A S E E T P N
 F L O S S I N G A A T M C L I P I
 L Z N E K A J L I Q I W L I O O N
 Y F M A L E B P B P O C Q N N R G
 D O R A L C A R E D N H H G S T S
 H Y B I H E A L T H Y W E I G H T

- BALANCE CLASS
- CAREGIVER SUPPORT
- COUNSELING
- EXERCISE
- EYE EXAM
- FALL PREVENTION
- FLOSSING
- FRIENDSHIPS
- HEALTH SCREENINGS
- HEALTHY WEIGHT
- HOME SAFETY
- IMMUNIZATIONS
- NUTRITION
- ORAL CARE
- PURPOSE
- QUIT SMOKING
- SOCIALIZATION
- TAI CHI
- VEGGIES
- VOLUNTEERING