

Make a Plan for Healthy Aging



Find the names of 20 resources that help us remain active, engaged and independent as we grow older.



- BALANCE TRAINING
- BRAIN CARE
- CHECKUPS
- DENTIST
- EXERCISE
- FALL PREVENTION
- FAMILY
- FRIENDS
- HEALTHCARE
- HOBBIES
- HOME SAFETY
- IMMUNIZATIONS
- LIFELONG LEARNING
- MEDICATIONS
- NUTRITION
- SCREENINGS
- SENIOR SERVICES
- SOCIALIZATION
- VISION CARE
- VOLUNTEERISM