

SENIORS SPRING INTO ACTION

Seniors have a lot to offer and can be active. Strangely, during this time of year we find senior depression to be at its peak. To balance health as we age, activity is critical.

STEPS:

- **SOCIAL:** Volunteer -share your talents:
 - Help working moms and at hospitals
 - Read to others; give lessons, etc.

- **PHYSICAL:** stretch, walk, swim

- **MENTAL:** puzzles, work games, and anything new

- **SPIRITUAL:** prayer, music, church, outdoor experiences