



**STAYING
HEALTHY
TOGETHER**

Activity Log: Body, Mind, and Soul

There are things you can do everyday to help you age gracefully. We provided a few ideas; what sounds like fun to you? Write down your accomplishments. Start today and move, think, relax your way into aging gracefully. **Let's get your Body, Mind, and Soul working together for your improved health and quality of life.** Fill out an activity sheet and turn it in at the April workshops to receive an extra raffle ticket for the workshop prize drawing. *

ACTIVITIES			
DATE	BODY	MIND	SOUL
			

*Extra raffle tickets are limited to one per member and are valid for one workshop raffle drawing only—either the April 19, 2010 workshop or the April 20, 2010 workshop.