



CHOOSE TO BE HEALTHY!

Check off for a healthy month:

- Practice meditation, yoga, or tai chi to help control stress
 - Wear good sunglasses to block the sun's damaging rays
 - Play cards, play games, play outdoors — any type of play helps keep your brain sharp
 - Eat leafy green vegetables like spinach to keep your eyes healthy
 - Go to bed and wake up at the same time each day to get into a sleep rhythm
-