



Senior Health & Wellness Newsletter

CABINET FOR HEALTH AND FAMILY SERVICES

JOKE OF THE MONTH:

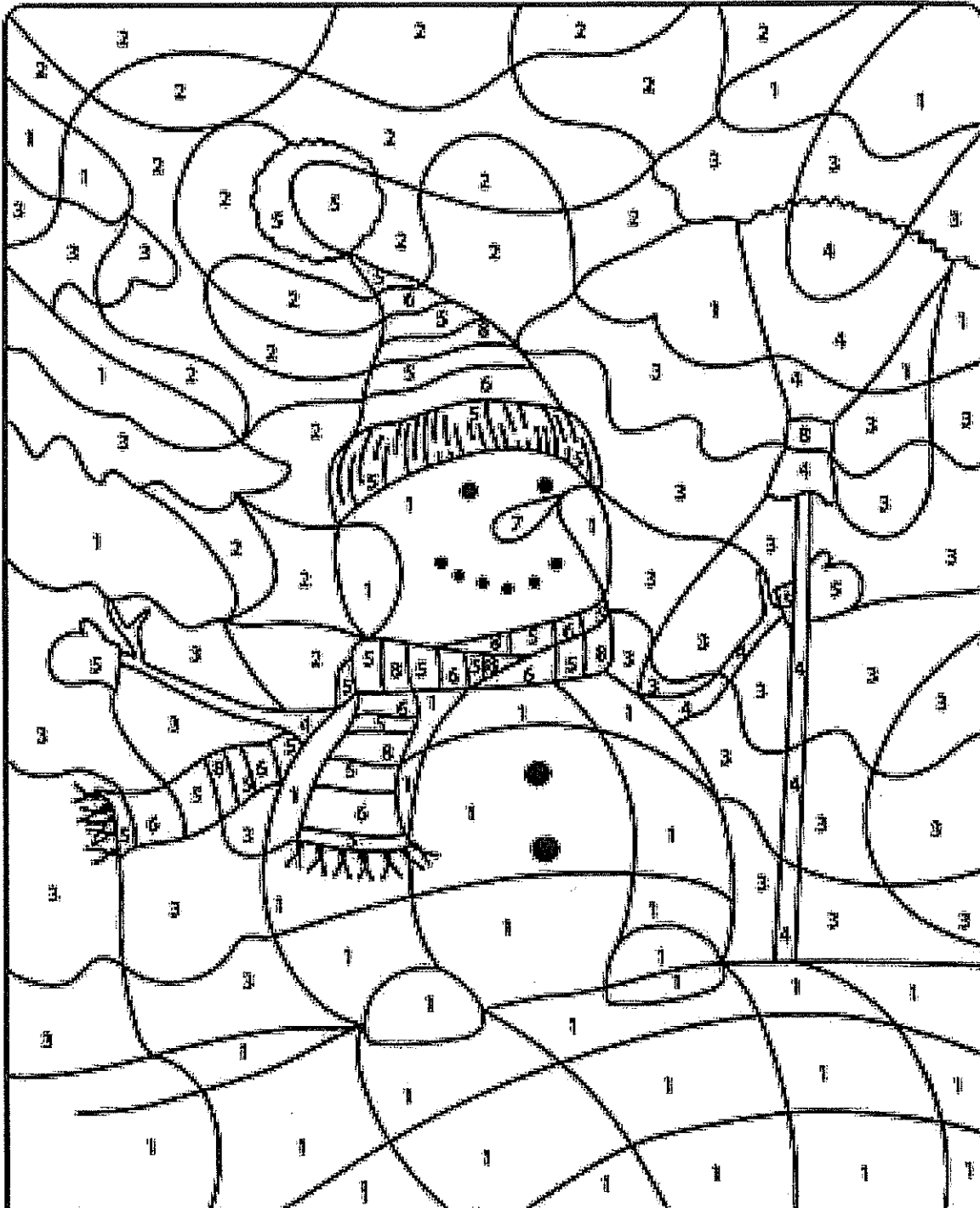
"What do you call it when a snowman throws a tantrum?"

Answer: "A Meltdown"



New Year's Resolutions:

According to the History Channel, New Year's resolutions have been dated back to the Babylonian era, nearly 4,000 years ago. New Year's resolutions started to set farming and crop goals. Most New year's resolutions provide an opportunity of reflection and setting goals an individual or family may want to achieve throughout the year. New year's resolutions may be simply a change in eating habits, increase physical activity, calling family and friends more often or scheduling a vacation to a place that you have dreamed of going. No matter what the resolution is, it should be realistic and achievable. Some say they do not set specific resolutions as they often fail. To avoid failure, if it is easier for you to consider goals or lifestyle changes, please consider what works best for you. Please take the opportunity below to write down any resolutions or goals that you would like to work towards during 2023!



1=Ice Blue 2=Dark Blue 3=Green 4=Light Brown 5= Red
6=Yellow 7=Orange 8=Purple

Homemade
DESIGNS BY KAREN BRYAN