

During this time practice healthy living 5 Domains:

PHYSICAL keep active included are 18 Chair Exercises for you to do daily in your home or walk the painted lines on site while practicing **SOCIAL DISTANCING** as this is one of 2 second is handwashing.

SOCIAL call or facetime, a friend or relative

SPRITIUAL included is a spiritual message from our volunteer Pastor
4th week 2020 "John 9:1-41 'You are Blind Before You See'

EMOTIONAL Meditate. Meditation can be very powerful.
To meditate is to listen to some calming or classical music, close your eyes and just sit still for 5-15 minutes.

INTELLECTUAL see included Word Search, Sudoku