

Resolve to make this the year when you really focus on healthy living for healthier aging! Here are 20 things we can do to improve our health, energy and peace of mind during 2017. What's on your list?



- BUDGET
- ENGAGEMENT
- EXERCISE
- FRIENDSHIPS
- FRUITS
- GRAINS
- HEALTH EXAM
- HOME SAFETY
- MUSIC
- NUTRITION
- PLANNING
- PREPARATION
- PREVENT FALLS
- SCREENINGS
- SENIOR EDUCATION
- SPIRITUALITY
- STOP SMOKING
- THE ARTS
- VEGETABLES
- VOLUNTEER

S	P	I	R	I	T	U	A	L	I	T	Y	S	J	N
N	O	I	T	A	R	A	P	E	R	P	T	P	O	M
E	N	G	A	G	E	M	E	N	T	O	R	I	F	A
P	Q	H	V	G	B	S	U	S	P	R	T	K	R	X
E	R	B	O	U	N	T	N	S	Y	A	J	S	I	E
S	P	E	D	M	R	I	M	I	C	G	G	V	E	H
I	E	G	V	I	E	O	N	U	A	N	J	O	N	T
F	E	L	T	E	K	S	D	N	I	R	S	L	D	L
T	R	I	B	I	N	E	A	N	A	T	G	U	S	A
A	O	U	N	A	R	T	E	F	R	L	C	N	H	E
N	S	G	I	O	T	E	F	A	E	I	P	T	I	H
T	V	Y	I	T	R	E	E	A	S	T	N	E	P	C
Q	C	N	L	C	S	H	G	U	L	D	Y	E	S	L
B	E	K	S	C	T	J	M	E	H	L	D	R	X	K
S	E	S	I	C	R	E	X	E	V	D	S	Z	K	T



What's in your New Year's resolutions for 2017?