



# Have a Happy, Healthy New Year!

These 20 words all have to do with healthy aging resolutions you can make now to get on track for a great 2009! Can you find them all?



- ACTIVITY
- EXERCISE
- FALL PROTECTION
- FOOD LABELS
- HEALTHCARE
- HEART SMART
- HOME SAFETY
- HUMOR
- IMMUNIZATIONS
- MEDICATION REVIEW
- NUTRITION
- RELATIONSHIPS
- SENIOR CENTER
- SOCIALIZATION
- SPIRIT
- STIMULATION
- VEGETABLES
- WALKING

