

Just For The Health Of It: Creating A Healthy Lifestyle

According to experts, the keys to a "healthy lifestyle" include: attending to your physical health, keeping yourself mentally challenged, remaining socially active and engaged and lessening life stress through regular use of stress management strategies.

If you find that you could use a little help improving your commitment in one or more of these areas, then this workshop is for you. In this workshop, we'll use a variety of interactive activities to learn more about and practice the elements of a "healthy lifestyle" and to develop a personal plan toward healthier living.