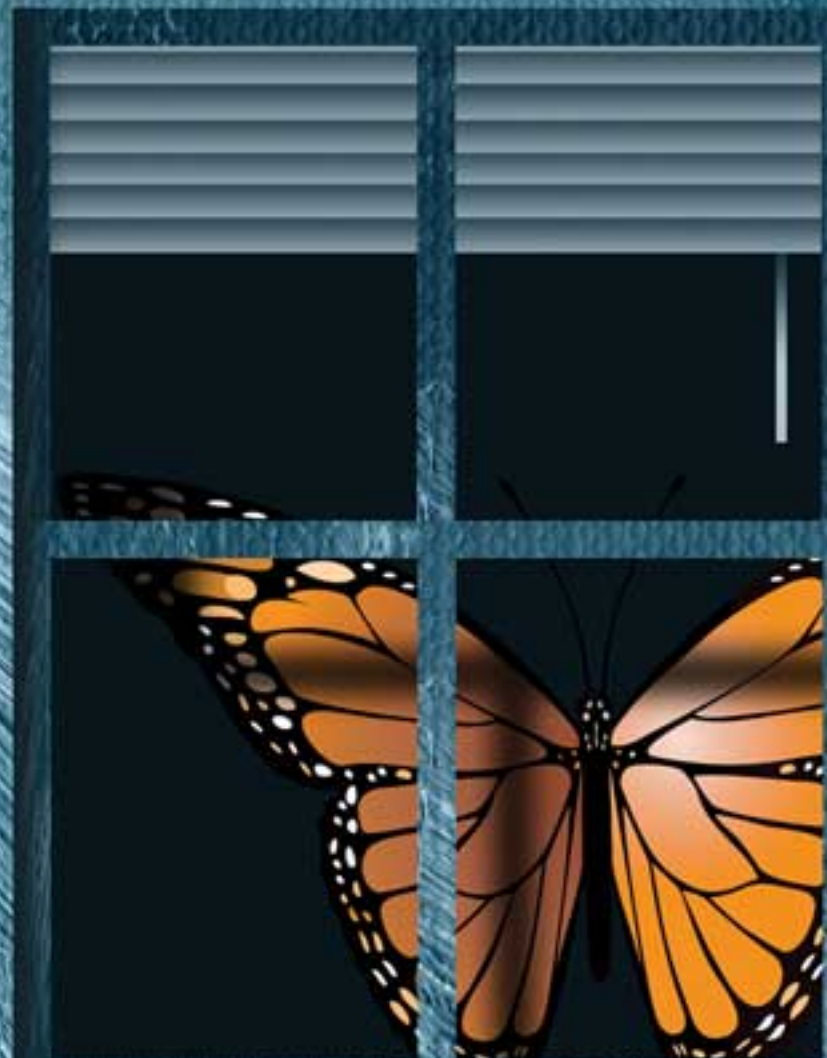


DO YOU FEEL ISOLATED?



So you feel isolated and alone
Reach out to others on the phone
Send someone a note, a card or a poem
Open your door and step outside your home
The joy tip for today is to breathe in fresh air
It will help make your stress disappear!

by: Nurse Lorrie

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