

## Normal vs Not Normal Workshop

**Remember to listen to what your body is telling you!**

**Address any of the not normal aging signs or symptoms which may include:**

- Chronic confusion
- Chronic fatigue
- Dehydration
- Depression
- Delusions
- Inability to complete tasks
- Infection
- Insomnia
- Pain
- Stress

### **Good Health Practices**

- Regular health checks with your health professional
- Vision and hearing checks when you notice changes
- Eat well
- Do not smoke
- Drink only in moderation
- Exercise/Walk regularly
- Go outdoors, get some sun – Vitamin D is essential to good health
- Get enough sleep
- Use yoga, meditation or other techniques to eliminate stress
- Exercise your brain
- Socialize
- Keep in touch with family and friends
- Set achievable goals
- Continue doing the things you enjoy
- Learn something new
- Join a club or group
- Volunteer
- Laugh
- Revisit spiritual enrichment
- Do not underestimate your capabilities

**Remember old age is not a disease and should not hold you back**

If you would like any further information or you would like to take the MMSE test to establish a baseline, please contact:

Pat Durham – 262 932 2800/email: [pdurham@encorecares.com](mailto:pdurham@encorecares.com)

*Thank you for joining us*