

# Aging and wellness

- - 1513 Wellness



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## Aging & Wellness Institute

Being playful helps your immune system and creates a long and happy life. And, although may decrease with age, the need for certain , including calcium, vitamin D, and vitamins B6 and B12, increases after age 50.

## Health & Wellness Programs

Classes are taught to a small group up to 15 older adults by two trained leaders.

## Wellness and Aging

How long is the program? Join the Mindful Living CommUNITY ® online! Jeff has always been there to counsel, help, monitor and treat me through the years and continues to do so now. Her keynote will be at 8:30 a. Our host sites currently include health care organizations, YMCAs, faith-based organizations, senior centers and senior housing buildings.

## Welcome

Under the direction of Dr. Build a community Research shows that people who are engaged in some type of group activity live longer and are healthier.

## Related Books

- [Study of Maya art - its subject matter and historical development](#)
- [Terror i zagovory v Rossii - \(XIV-XXI vv.\)](#)
- [Berserker](#)
- [Motor carrier accident investigation - Cardinal Surveys Company and McCaulley Independent School dis](#)
- [Divertimento pour cor et piano ou harpe = for horn and piano or harp = für Horn und Klavier oder Ha](#)