

Motivational Moment

It does not matter how slowly you go...

As long as you do not stop!

~Confucius~



Wellness Tip of the Month

Learn to Manage Stress:

Try exercise or relaxation techniques—perhaps yoga or meditation—as a means of coping.

Successful coping can affect our health and how we feel.

Learn the role of positive thinking and letting go.



Tips From the Heart

Look for your daily Tip From the Heart that will be posted in the Lounge & Wellness Center.



Ask the Expert

“Omegas!”

February 24th

10:30 am—Auditorium

Our Expert this Month

Dr. Pat Snair has been providing comprehensive chiropractic care and wellness services to patients in Dunedin since graduating from Palmer College of Chiropractic in 1981. Her view is that chiropractic is health care, not disease care. Dr. Snair is pro-active in all aspects of professional and community associations. She takes pride in conducting annual sports physicals for students of her Alma Mater, Dunedin Highlands Middle School and Dunedin High School. Donating proceeds back to the Athletic Departments is her way of giving back to the community.

Join us for this informative presentation!



Wellness & You!

February is **American Heart Month**. Here at The Manor we are going **red** in support of **Heart Health**. We encourage you to take the steps and join our team in becoming heart “savvy.”

Know Heart Attack:

- Pressure, tightness, pain or a squeezing or aching sensation in your chest or arms that may spread to your neck, jaw or back.
- Nausea, Indigestion, heart-burn or abdominal pain
 - Shortness of breath
 - Cold Sweat
 - Fatigue
- Lightheadedness or sudden dizziness

Just “Let It Go”

Starting in February, once a month join us to say... goodbye to worry, stress, & sadness and make a change just for You. It’s time to “**Let It Go.**”

February 25th

3:00 PM—Wellness Center










Step Up & Step Out

Grab your walking shoes! Beginning this month we’re Stepping Up & Stepping Out. It’s a walking club here at The Manor starting Tuesday, February 10th. All are welcome to Step Up & Step Out with us!



February 2015 Wellness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>#1 Stop Smoking: No ifs, ands or butts</p>	<p>2</p> <p>8:40 Exercise A</p> <p>#2 Focus on the middle</p>	<p>3</p> <p>Step Up & Step Out Walking Club Forming Next Tuesday 2/10/15 Don't forget to grab those Walking Shoes! #3 Knit a Scarf</p>	<p>4</p> <p>8:40 Exercise A</p> <p>#4 Power up your salsa</p>	<p>5</p> <p>8:40 Chair Yoga WC</p> <p>#5 Let the Music Move You </p>	<p>6</p> <p>8:40 Exercise A</p> <p>#6 Go Fish</p>	<p>7</p> <p>#7 LOL. Laugh Out Loud </p>
<p>8</p> <p>#8 Stretch It Out</p>	<p>9</p> <p>8:40 Exercise A 2:00 Jonie's Juice Joint* WC</p> <p>#9 Make time for Breakfast</p>	<p>10</p> <p>9:00 Step Up & Step Out* </p> <p>#10 Shun the Salt</p>	<p>11</p> <p>8:40 Exercise A 1:30 Wii Golf* WC</p> <p>#11 Move it, Move it, Move it!</p>	<p>12</p> <p>8:40 Chair Yoga WC</p> <p>#12 Know your numbers</p>	<p>13</p> <p>8:40 Exercise A</p> <p>#13 Go Nuts</p>	<p>14</p> <p>#14 Eat Chocolate</p>
<p>15</p> <p>#15 Consider Pet Therapy</p>	<p>16</p> <p>8:40 Exercise A</p> <p>#16 Start and Stop</p>	<p>17</p> <p>9:00 Step Up & Step Out*</p> <p>#17 Cut the Fat</p>	<p>18</p> <p>8:40 Exercise A 1:30 The Benefits of Red Wine WC* </p> <p>#18 Raise a Glass</p>	<p>19</p> <p>8:40 Chair Yoga WC</p> <p>#19 Brew up a heart healthy potion</p>	<p>20</p> <p>8:40 Exercise A 10:30 New Program: WC* Make Your Calories Count</p> <p>#20 Smile </p>	<p>21</p> <p>9:00 Step Up & Step Out* </p> <p>#21 Walk it Off</p>
<p>22</p> <p></p> <p>#22 Get heart healthy social support</p>	<p>23</p> <p>8:40 Exercise A 2:00 Jonie's Juice Joint* WC</p> <p>#23 Volunteer to fight heart disease</p>	<p>24</p> <p>9:00 Step Up & Step Out* 10:30 Ask the Expert!* With Dr. Pat Snair "Omegas!"</p> <p>#24 Sleep to your heart's content</p>	<p>25</p> <p>8:40 Exercise A 1:30 Wii Golf* WC 3:00 Just Let It Go* WC</p> <p>#25 Find your happy place</p>	<p>26</p> <p>8:40 Chair Yoga WC</p> <p>#26 Know the signs</p>	<p>27</p> <p>8:40 Exercise A</p> <p>#27 Avoid rushing into changes</p>	<p>28</p> <p>#28 Get your 5 a day</p>
		<p>*Sign up in Blue Wellness Center Book</p>			<p>Legend A ~ Auditorium WC ~ Wellness Center</p>	<p>Activity Codes Purple~ Event Pink~ New Program Teal ~ Outside Program</p>