

*Join Us For Some Games,
Activities, Cooking Crafts & Loads of Fun!*

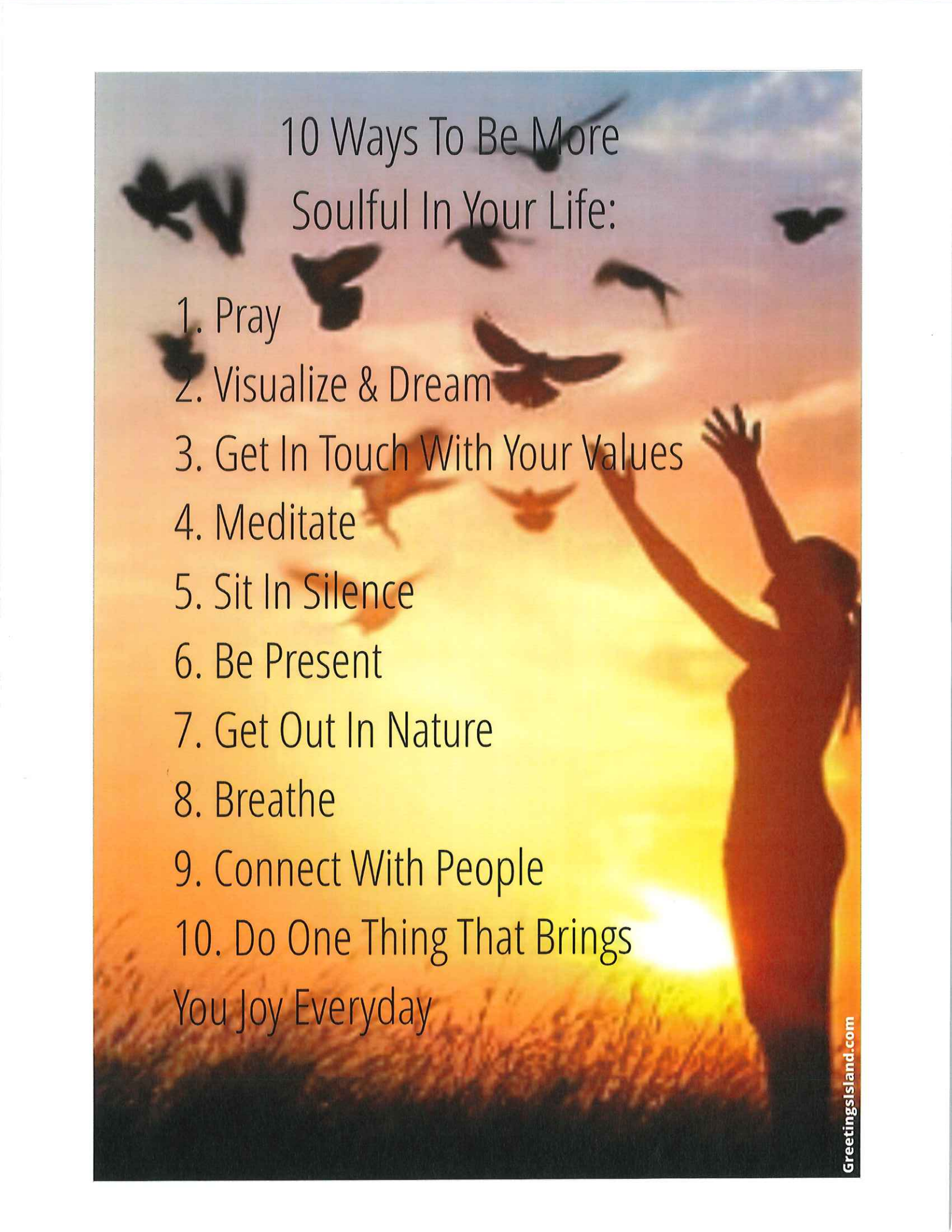


LIVE
SOULFULLY

National Skilled Nursing Care Week[®]

May 12-18, 2019

Planning Guide & Product Catalog

A woman in silhouette stands with her arms raised, reaching towards a bright sunset sky. Numerous birds are captured in flight, scattered across the scene. The overall atmosphere is one of peace and connection with nature.

10 Ways To Be More Soulful In Your Life:

1. Pray
2. Visualize & Dream
3. Get In Touch With Your Values
4. Meditate
5. Sit In Silence
6. Be Present
7. Get Out In Nature
8. Breathe
9. Connect With People
10. Do One Thing That Brings You Joy Everyday