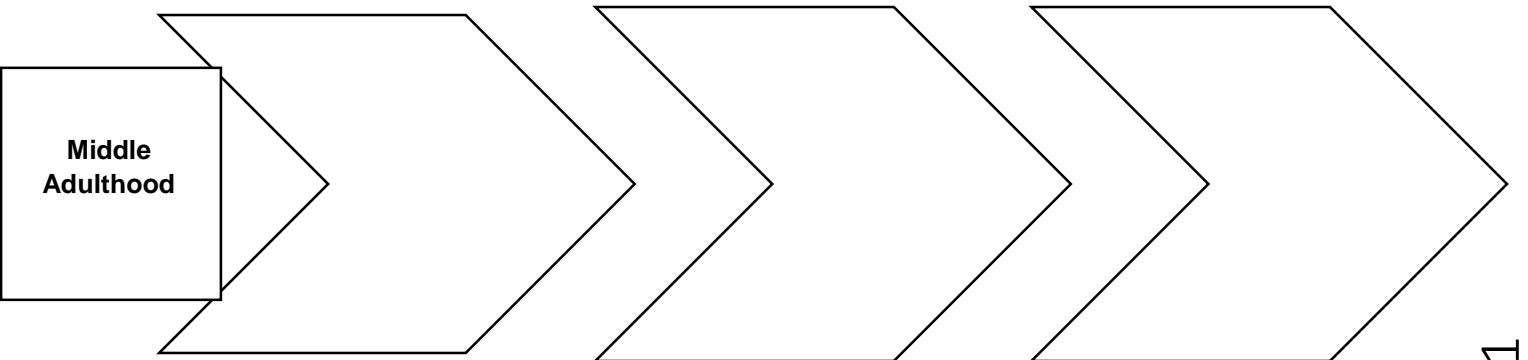
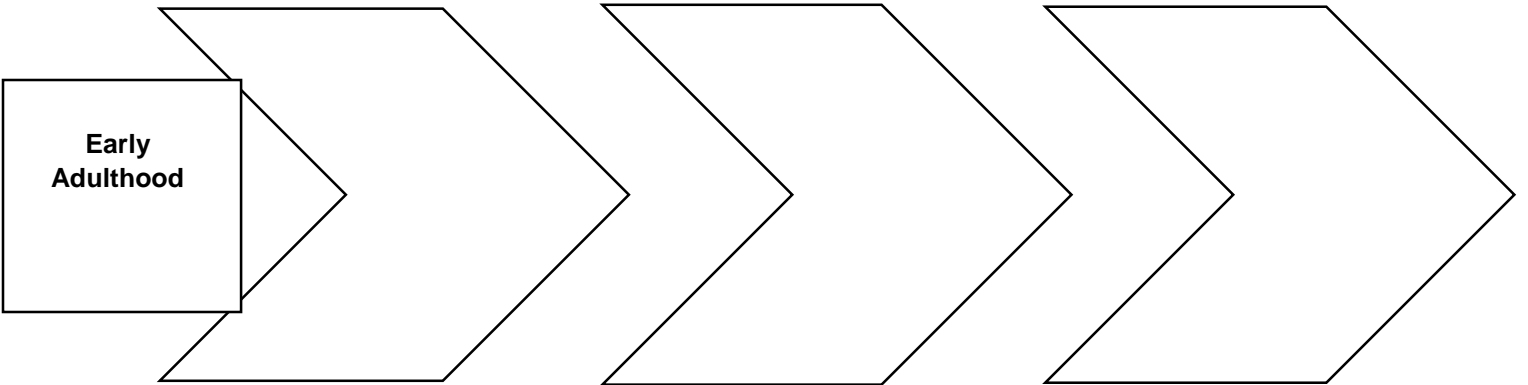
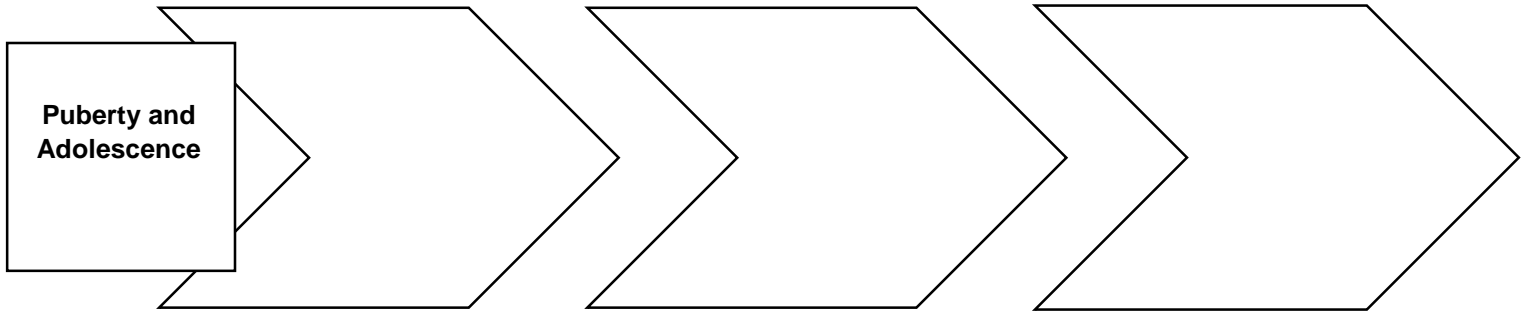
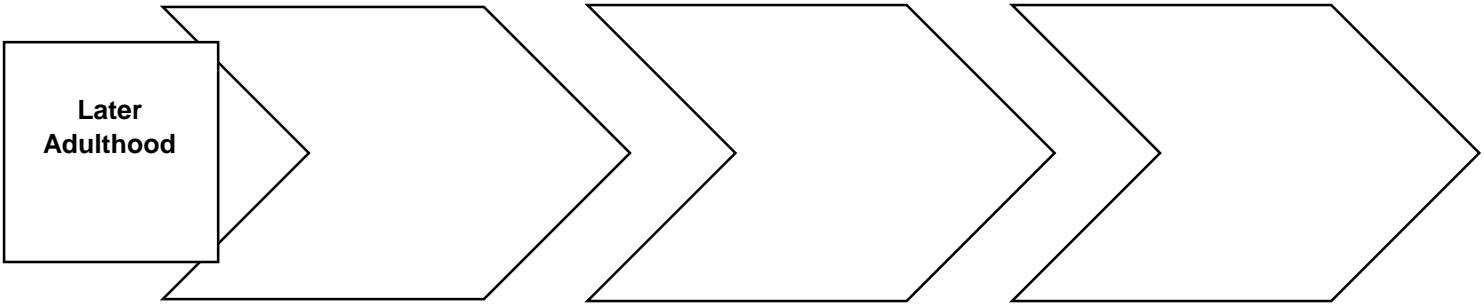


My Personal Road to Health and Wellness

Instructions: Individually, determine what healthy lifestyle decisions to implement now and in the future to help as you become an older adult. Complete each section with appropriate information.





List and describe six healthy ways to handle stress throughout the lifespan stages.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____
