

## Healthy Thoughts – Volume II:

We are happy to announce that we will be kicking off our latest volume of "Healthy Thoughts." For those of you who are unfamiliar with the program, it is a collection of short articles we've created addressing health of the body, mind, and spirit. The binder will contain articles that can be inserted into your church bulletin or newsletter, as well as a CD containing copies of all the articles.

The following is a list of the new topics:

### Mind –

- 1) Making the Most of Your Doctor's Visit
- 2) Caring for a Family Member with Dementia
- 3) Mental Health and Mental Disorders
- 4) Depression
- 5) Seasonal Affective Disorder
- 6) Post-Traumatic Stress Disorder
- 7) Dementia

### Spirit –

- 1) Forgiveness
- 2) Mindful Listening and Watching
- 3) It Takes a Village – Caring for a Child with Special Needs
- 4) Laughter-It's Contagious!
- 5) Be Still
- 6) Gratitude
- 7) How to Improve Your Day in 5 Minutes
- 8) Acts of Kindness

### Body –

- 1) Walking as a Mind, Body, Spirit Exercise
- 2) Preventing Falls for Older Adults
- 3) Sleep Health
- 4) Impact of High Blood Pressure
- 5) Occupational Health
- 6) Physical Activity
- 7) Healthful Holidays
- 8) Family Fitness
- 9) Adult Vaccine Awareness