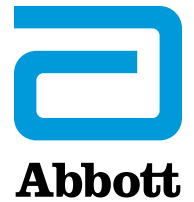








# CAREGIVER CALENDAR: CELEBRATING YOU



Spend time each week doing something for you, too.

	1 TAKE A WALK	2	3 LISTEN TO A FAVORITE SONG		5 CALL A FRIEND
6	7 <u>MAKE SOMETHING CREATIVE*</u>	8 <u>SEND AN E-CARD TO A CAREGIVER</u>	9 READ A BOOK	10	11 GET A MANICURE OR GO TO A GAME WITH THE GUYS
13 MEET A FRIEND FOR COFFEE/TEA	14	15 GET SOME FRESH AIR		17 STRETCH OR TRY SOME <u>YOGA POSES*</u>	
	21 BAKE SOMETHING	22	23 <u>WORK UP A SWEAT*</u>	24 WRITE DOWN 3 THINGS YOU'RE THANKFUL FOR	26 TAKE A NAP
27 PURSUE A FAVORITE HOBBY	28	29 GET A MASSAGE	30 <u>WATCH THE SUNRISE OR SUNSET*</u>	31	

\*Abbott does not endorse these organizations or services.

Not all exercises are suitable for everyone. Before engaging in any physical activity, please consult with your doctor about what kind of physical activity is right for you.