

This Publication is for Individuals and Families with Intellectual and/or Developmental Disabilities

ACTIVE NEWS

What is Total Wellness? It is when your mind, body and spirit make a better you.

SPRING Into Health

Spring is here and Summer is around the corner. It's a great time to get your mind and body into shape. One great way to do this is by gardening. Gardening is a great way to exercise, and it keeps your mind active too.

Physical Wellness

BEND - to dig the hole for the plant or plants



STRETCH - to use tools



LIFT - the plants and tools



Fresh air, sunshine and exercise are fun ways to be healthy when spring is here!

As always, do not begin an exercise program without first consulting your doctor.



Mental Wellness

WHERE? Pots in the house or in the ground outside



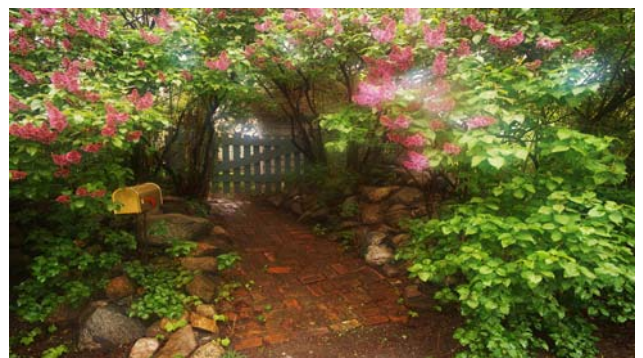
WHAT? Flowers or Vegetables



WHEN? Make a plan with family, friends or staff



Planning a garden in springtime is a great way to exercise your mind.



Social Wellness

SHARE - ideas and time with friends



CONNECT - with your neighbors and be part of the community



CREATE - new friendships and relationships

Being in the garden with friends and neighbors is a great way to relax and have fun.



Make opportunities in the garden to exercise your body, work your mind and spend time with friends and neighbors.



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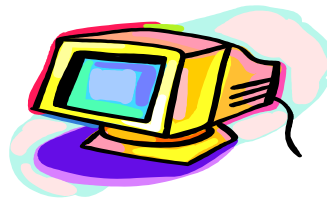
Extension 3685

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VISIT OUR WEBSITE AT



www.pchc.org

This is the **first edition** of PCHC's newsletter, **ACTIVE NEWS!**

Suggestions, comments or ideas for future articles are welcomed.

Please call **215-546-0300**, extension **4545** and leave a message.