



# MY WELLNESS PRESCRIPTION

My Wellness Prescription is how your doctor or health care worker suggests things for you to do to help you feel healthier, instead of just relying on medications.

It gives you ideas for local activities like walking groups, community dinners, or crafts classes so you can stay active, social, happy, and healthy.

**Name:**



## Given to me by:

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### Learn Something New!

It's never too late to pick up a new skill or challenge your brain.

- Try a class like cooking, painting, or woodworking.
- Learn to play a musical instrument.
- Take a course at a local school or university, library, or community center.

### Keep Your Body Moving!

Staying active helps you feel better and have more energy.

- Try a group- join a walking club, swimming group, dance class, pickleball club, or group workout class.
- Go outside and take a walk, garden, go fishing, hiking, biking, kayaking, snowshoeing, or canoeing.
- Try yoga, meditation, or simple stretching exercises.

### Connect with Other People!

Spending time with others is great for your mood and your health.

- Join a book club or church group.
- Volunteer at a school or with a community project.
- Get involved with local causes or neighborhood events.
- Go to local community dinners.
- Connect with your local age friendly organization- find yours at [lifelongmaine.org](http://lifelongmaine.org).