

Winter pictures



Dangerous and safe pictues















Staying Healthy for the Winter Months

What can we do to avoid falls and keep strong bones?

What can we do to stay happy in the winter months?

Get lots of vitmain D - eat the foods below or take a VitmainD suppliment



Get lots of exercise to stay agile and strong.



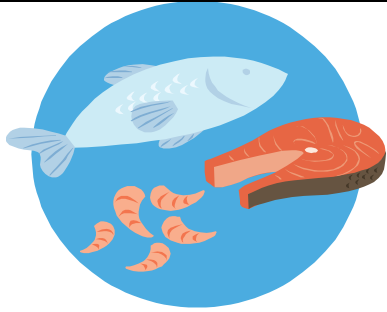
Get lots of calcium from the foods below or from calcium supplements



Stay connected to friends and loved ones. Be active.



Food sources for Vitamin D



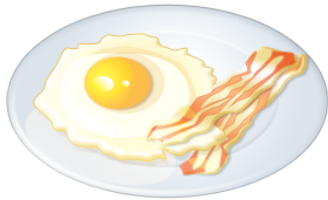
salmon



tuna



tuna



eggs



milk



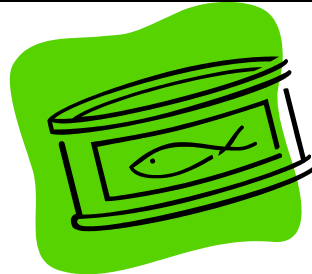
yogurt



mushrooms

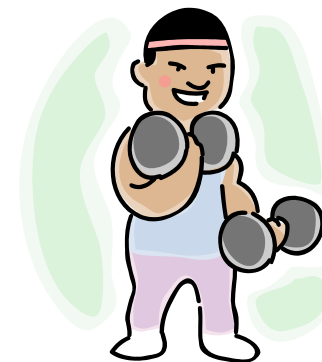


cereal

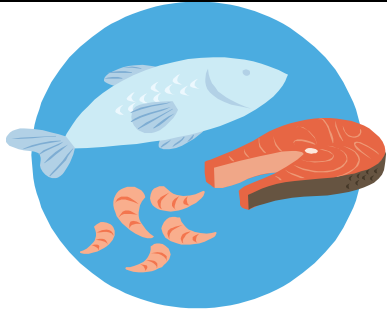


tuna

exercise

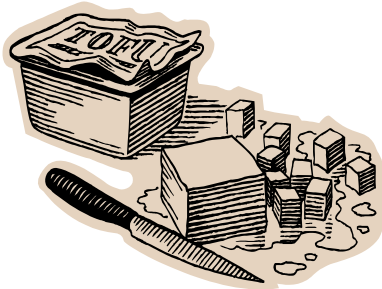


Food sources for calcium



Greens

Tofu



Almonds



