

# Coping with Worry and Stress - Wellness Tips



Welcome to your WEEKLY dose of wellness!

This week's message: **INTERNATIONAL SENIOR CITIZEN'S DAY**

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This week's message is Celebrating International **Senior Citizen's Day**. According to 2019 data, there are 52 million American's over the age of 65. Here's a great quote from the lovely Sophia Loren – "There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of the people you love. When you learn to tap this source, you will truly have defeated age." Right on – Sophia!

Explore the links below to learn more about wellness tips specific to our 65 plus community. Let's honor our seniors and help keep them keep going strong!

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[CDC Coronavirus Guidance for Older Adults](#)

[Aging Well Guide](#)



[Planning Ahead to Age in Place](#)

[Ted Talk Video - The Formula for Successful Aging](#)

[15 Signs You're Young at Heart](#)

