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H. OH MY AGING FUNNY BONE

C. YES, WALKING

- reduces blood pressure
- lowers "bad LDL" cholesterol

both during your walk and for the balance of your day. Use the walk time to reflect on your life, feel positive about yourself, and purge any negative feelings. .

Walking Guide

The Arthritis Foundation's Walking Guide (Item No. 835.7045) covers everything you need to get started to the elements that are crucial for your exercise program. Available FREE at <http://www.arthritis.org/afstore/storehop47Walking> 7ts0 ts0 ts0 rg 27.86161.2mg 27.8

Check Treasury Hunt! <http://www.treasurydirect.gov/indiv/tools/sbtdhunt.htm>

For help with other financial issues visit us at <http://www.seniorresource.com/finance.htm>

G. SPECIAL SURFING SITES

Partners in Community Supports (PICS)

PHONE PLEASE message just flashed up <</the screen and mine is out i</the car."

Do yo