

Senior Wellness “Prescriptions” You Don’t Fill at the Pharmacy

Talk to your doctor about...



NUTRITION

- An all-around healthy eating plan
- Dietary restrictions for your health conditions
- Foods that might interact with your medications



PHYSICAL ACTIVITY

- An appropriate all-around exercise program
- Modified activities for your health conditions
- A referral for senior exercise classes and experts



SAFETY

- A driving safety evaluation and referral
- What to include in your emergency plans
- Reducing your fall risk, including home safety



SLEEP

- Insomnia, apnea or other sleep problems
- Alternatives to sleep medications
- A recommendation to a sleep specialist



MENTAL HEALTH

- Avoiding isolation, especially at this time
- Symptoms of depression and anxiety
- Substance misuse—smoking, alcohol, drugs

Wellness Prescriptions

M Mosston



Wellness Prescriptions:

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