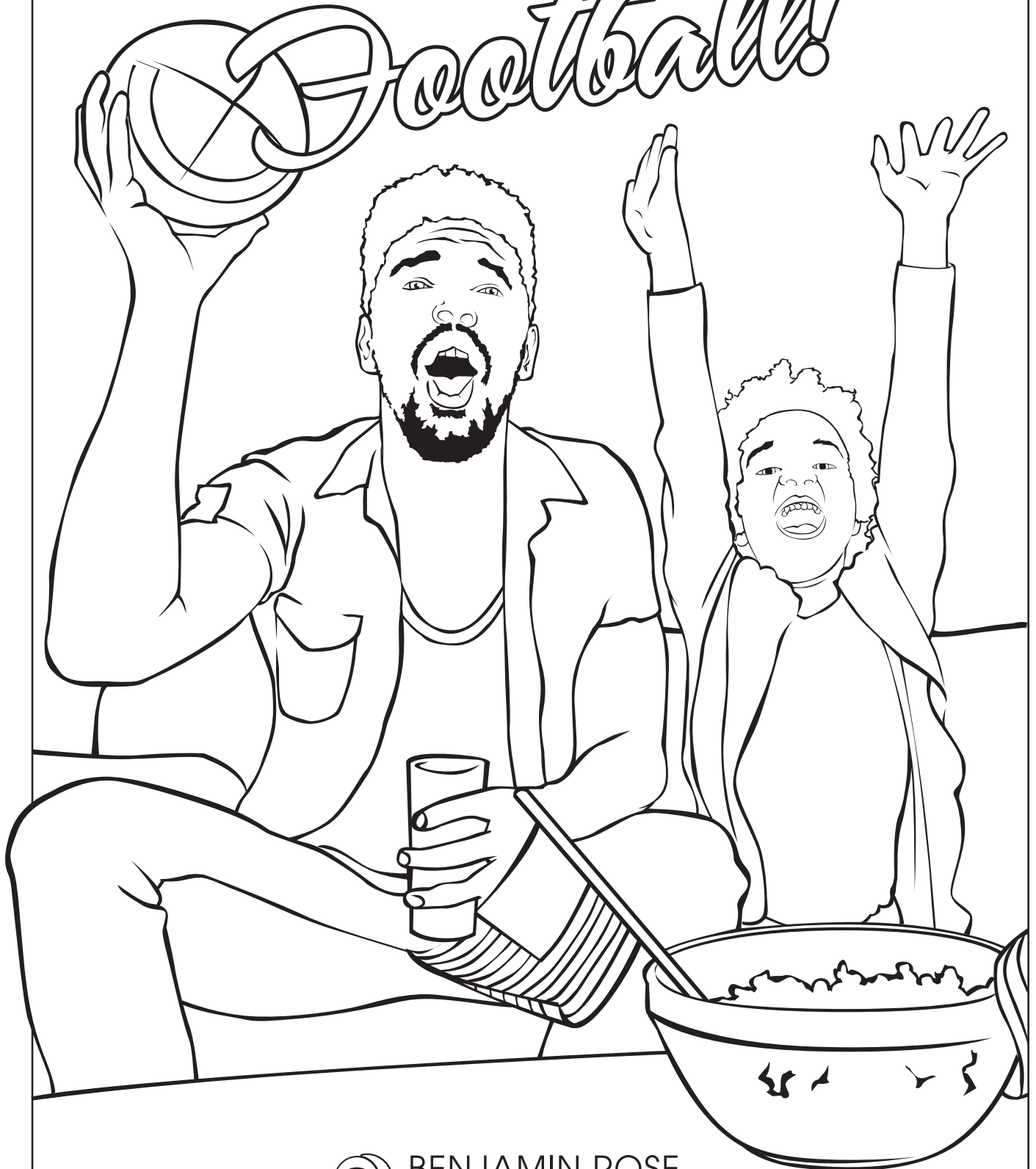


Take 30 minutes a day to do something that refreshes or re-energizes you.

Watch Some Football!



BENJAMIN ROSE
INSTITUTE ON AGING
SERVICE • RESEARCH • ADVOCACY
www.benrose.org