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Gardening for Seniors



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Benefits

- Physical activity
- Mental wellness
- Socialization
- Improves nutrition

Accessibility

- Raise Garden Beds
- Larger walk ways
- Proper tools



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Tips

- Aim to garden in the morning or evening
- Drink plenty of fluids (Water is best)
- Wear sunscreen and a hat



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Tips Continued

- Warm up and stretch
- Take breaks
 - This is also a good time to drink water
- Know your limits



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Thoughts to Consider

- Skin
- Vision
- Mental Abilities



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Thoughts to Consider

- Body Temperature
- Skeletal



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Gardening,
good for
the body,
mind
and soul.



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Questions?



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References

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