

# Old Lyme Visiting Nurse Association

**It's January 2026 – Time To Choose Your New Year's Resolution!**

## **Health & Wellness**

- Stay Active: Incorporate daily walks, gentle yoga, stretching, or chair exercises.

## **Mental & Emotional Growth**

- Cultivate Hobbies: Revisit old hobbies or explore new ones like gardening, knitting, or birdwatching.

## **Home & Life Organization**

- Organize Affairs: Tackle finances, sort photos, or organize keepsakes to create digital archives and preserve memories.

## **Simple, Achievable Steps**

- Explore Locally: Visit museums, parks, or farmers' markets.
- Get Out: Take day trips or join local groups.



**For More Information call: 860-434-7808**

**email: [oldlymevna@gmail.com](mailto:oldlymevna@gmail.com)**