



## Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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**Proposed publication date:** June 4, 2018  
**Content provided by:** Alberta Health Services

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Seniors Week June 3-9, 2018

Seniors make a difference in our communities every day. From assisting and helping family members and neighbours to being active and volunteering throughout the community. They are very passionate and their contributions have and continue to benefit all Albertans.

Every year, Albertans celebrate our seniors and you are encouraged to join those festivities across the province. Your participation in Seniors Week helps highlight and show appreciation for the Alberta seniors who have helped shape where we live, work and play.

Do you have Seniors Week events happening in your community? Register them with the Alberta Government's Seniors and Housing Events Calendar: <http://www.seniors-housing.alberta.ca/events/>.

Communities are also encouraged to show their support for seniors in their areas by officially declaring Seniors Week each year. To register your declaration, email [seniorsinformation@gov.ab.ca](mailto:seniorsinformation@gov.ab.ca).