

# Jump into *January*

Wellness Theme

## Healthy Resolutions

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Therapy Theme

## Natural Pain Management Techniques



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An account gives  
you access to tons  
of great resources!**

**Share the fun!  
Remember to send your photos to  
SocialMedia@reliant-rehab.com**

## Featured Activities


### Resolution Tree

Start the year with hope and intention! Residents create paper leaves with achievable resolutions to display on our community tree.

### Chair Fitness Fun

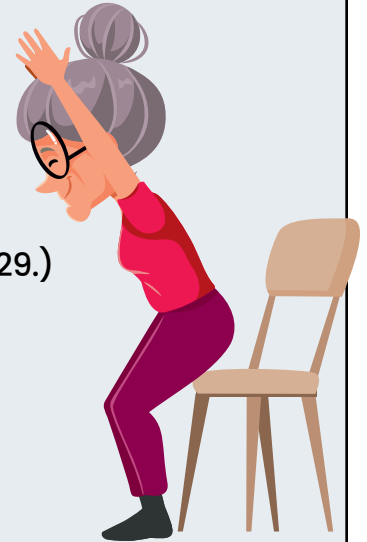
- Seated dancing to oldies
- Balloon volleyball

### Brain Games Olympics

- [Healthy Eating Word Search](#)   
(National Puzzle Day is January 29.)
- Board Game Day
- Life Era Trivia





### Kindness Calendar

- Weekly kindness goals
- Staff appreciation cards
- Positive affirmation sharing



## Therapy Corner

### New Resources to Share!

- Healthy Eating Workshop: [Fruit Kabobs Group Activity](#) 
- Aromatherapy & Music Sessions
- National Puzzle Day: [Winter Word Scramble](#) 
- Natural Pain Relief: [Chair Yoga](#) 
- Creative Expression: [Healthy Resolution Snowflakes](#) 

## Marketing & Outreach

### January Events

- **“New Year, New You” Wellness Fair**  
Host a special happy hour or breakfast featuring local vendors and wellness experts. Invite the community and or referral resources
- **“Ease & Flow”**  
Host a community outreach event at a local senior center; include therapy with a chair yoga session

## Social Media Promotion

- Showcasing Vibrant Living: Resident wellness moments & facility highlights
- Use social media graphics from AYOW.com
- Resident activity photos highlighting your wellness focus
- Showcase any facility wellness spaces you offer



**Click on the link to access resources!**