

How to Stay Young



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Reading

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them.
2. Keep only cheerful friends. The grouches pull you down. (keep this In mind if you are one of those grouches:)
3. Keep learning: Learn more about the computer, crafts, gardening, whatever. Never let the brain get idle. "An idle mind is the devil's workshop."?And the devil's name is Alzheimer's!
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and Lots of time with HIM/HER.
6. The tears happen: Endure, grieve, and move on. The only person who is with us our entire life, is yourself. LIVE while you are alive.

こちらはサンプルです。テキスト全文は受講時に担当講師よりお受け取りください。

You can see the whole lesson from your teacher, please ask them to send it to you before the class.