

## Activity 2. Invest in your health

Imagine that you are given one thousand dollars to spend on your health!

How will you spend it?



I would spend the money on

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Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope*. 2<sup>nd</sup> ed. 2010. ElderWise Publishing. <https://youragingparents.ca>

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