

Thought of the Week

January – Healthy Aging

In youth, we learn. In age, we understand. – Ebner Eschenbach

One benefit of aging is that we have more lived moments and experiences than others who haven't lived as long. Those moments and experiences give us opportunities to learn and apply that knowledge going forward. How we apply our knowledge helps us understand what does and doesn't work, resulting in wisdom.

For additional information, sign in to www.sentaraEAP.com with your username, click on the magnifying glass icon in the upper right corner of the homepage, and search for "Healthy Aging."



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