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This week's activities:

Tuesday, August 1, Make Your Own Pizza lunch at 11:30 at Hope House!

Tuesday, August 1, it's back to Dairy Queen for some pickin' & grinnin' and perhaps a song or two from the residents!). We will leave at 6:30!!

Wednesday, August 2, swimming at the lake, 1:00

Friday, August 4, Another great morning with Brooke from the Hart Gallery. Treehouse at 10:00!

Saturday, August 5, Downtown Riverfront Nights concert. Leave at 6:30.

Today's issue, after a considerable amount of research, will provide you with 10 reasons you should make the definite choice to smile as much as possible. Studies prove that the act of smiling, whether the result of real joy or as a front, have both short and long term benefits on people's health and wellbeing. So, here are the best reasons you should smile.

1. Smiling makes you more attractive to others.
2. Smiling relieves stress.
3. Smiling elevates your mood for the better.
4. Smiling is contagious and changes the moods of others to make things happier.
5. Smiling can boost your overall health.
6. Smiling lowers your blood pressure.
7. Smiling makes us all feel good.
8. Smiling helps make you look more youthful.
9. Smiling makes you appear more confident.
10. Smiling helps you remain positive.

Regardless if a smile feels unnatural or even forced, it sends the brain, the rest of your body, and observes the message that "Everything is good!" Ultimately, you can help avoid depression, stress and unneeded worries by smiling.

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