

## Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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Is there a special senior in your life? Oct. 1 is National Seniors Day.

Seniors are a very valued part of every community, and Oct. 1 is a great occasion to celebrate their contributions to our country, your municipality, city or town, neighbourhood and even your life.

It is easy to show your gratitude to the seniors in your community. If you know one, or even see one on the street or in a store, simply acknowledge them, say thank you for all their contributions, maybe even take a walk, share a meal or treat them to lunch.

If you would like to share your gratitude on social media for a senior in your life, the Government of Alberta is asking people to share on their [Seniors in Canada](#) Facebook page.

You can also use the hashtag #seniorsday on social media to thank a loved one in your life or just share your thanks in general.