



The Life Enrichment Center AT OYSTER BAY

Practicing Gratitude

From birth, human beings are dependent on social connections. Our social interactions affect our health, happiness and longevity. Studies show the simple act of expressing gratitude has transformative powers. Expressing gratitude improves mental, physical and relational well-being. The benefits of practicing gratitude have been proven through research and include:

- Lower resting blood pressure
- Improved sleep
- Decreased stress, anxiety and depression
- Heightened energy levels
- Greater optimism and happiness

Gratitude also triggers positive brain chemicals and compels us to want to give back. It has a direct relationship with altruism, encouraging people to “pay it forward” to society. Giving relates to life satisfaction and improves self esteem and spirituality.

So be thankful and “count your blessings”. Practice gratitude and train your brain to see the abundance of life and all you have to be thankful for. Every day I am thankful for the Center and the happy faces I see when I walk through our doors.

And I’m thankful for our wonderful programs.....Here’s what’s coming up in August:

- 8/8 – Flute Magic
- 8/9 – Pneumonia Clinic
- 8/10 – Farmers Market
- 8/11 – “Bring a Special Person to Lunch” Day
- 8/15 – Railroad Museum presentation
- 8/16 – Peach Festival
- 8/23 - End of the Summer Toga Party

- *Judy Palumbo, Executive Director*

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