



# 85<sup>TH</sup> CONVENTION HEALTH TIPS



## SELF CARE

- FIND A FEW MOMENTS TO STAND, STRETCH, WALK AROUND, OR MOVE
- WEAR APPROPRIATE CLOTHING FOR MEETING SPACES (ROOMS ARE COOL) OR OUTSIDE ACTIVITIES
- GIVE YOURSELF TIME TO ARRIVE SAFELY TO SESSIONS
- LISTEN TO YOUR BODY. REST WHEN NECESSARY
- PLAN WELL. STRESS LESS



## SHARE A SMILE

- SMILING TRIGGERS NEUROTRANSMITTERS THAT LOWER HEART RATE, REDUCE BLOOD PRESSURE, AND LIFTS YOUR MOOD.



## PRACTICE PERSONAL HEALTH SAFETY

- BRING MEDICATIONS AND PERSONAL CARE ITEMS FOR THE LENGTH OF YOUR STAY
- HAVE EMERGENCY MEDICAL CONTACTS READILY AVAILABLE
- BRING MASKS TO PROTECT YOURSELF (OPTIONAL)
- STAY HYDRATED
- PACK A SNACK

YOUR COMFORT, HEALTH, AND WELL-BEING ARE IMPORTANT TO US. HAVING EVERYTHING YOU NEED WILL HELP ENSURE YOU CAN FULLY ENJOY AND PARTICIPATE IN THIS SPECIAL TIME TOGETHER.

ROSEMARIE JOSEY, MEDICAL CHAIR  
YOLANDA WALLACE, TRAVEL EMERGENCY CHAIR

