

Play PLAY play

It has been said, "You don't stop playing because you grow old; you grow old because you stop playing."

In our world of schedules, deadlines, and often overwhelming stress, we can find some fun, laughter, and silly expression in the moments we need it the most. How do we do that? WITH **PLAY**, THE MOST FUN AND EASY WAY TO GAIN EXTRA YEARS IN OUR LIVES AND A WHOLE LOT MORE ENJOYMENT!

Play can be defined in a number of ways: TO ENGAGE IN RECREATION, FUN, JOKING, TO AMUSE ONESELF, MAKE MERRY, REJOICE, HAVE A GOOD TIME, DANCE, PLAY GAMES, AND IMAGINE. Play is a vital and revitalizing part of our lives, helping to release tension and express ourselves in a positive way. When we engage in play, whether that is making silly faces, blowing bubbles, or dancing around, we unknowingly diminish our tension and heighten our sense of pleasure. When we include others in our play time, we encourage companionship and trust in a free-style and imaginative manner.

Play is like water in a desert: refreshing, life-lengthening, and invigorating!

DO
CARTWHEELS
ON THE
GRASS!

RIDE A
BIKE!

MAKE GOOFY
EXPRESSIONS
IN THE
MIRROR!

HULAHOOP!

SING IN THE
SHOWER!

SPLASH
IN A
PUDDLE!