

MIND BODY & SOUL

Just for you...

New ideas, research and products of note from the worlds of health, well-being and nutrition, plus special offers you'll love.

Friendlier skies

So many places to go... but so hard to travel! Many seniors stay put because dealing with busy airports can be overwhelming. Flying Companions has come up with the idea of providing a firm, friendly hand to steer senior passengers through the chaos, making the journey stress-free from pick-up to arrival at their destination. It's ideal for holiday visits to far-flung family, but the company can also make taking a dream vacation a reality at last. For more details, call 1-888-350-8886 or visit www.flyingcompanions.com.

