

Tips for Healthy Ageing



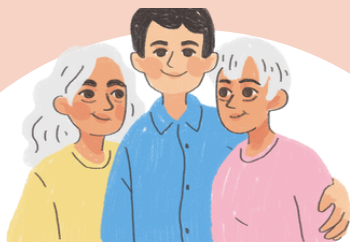
Follow a well balanced diet rich in fruits, vegetables and healthy fats



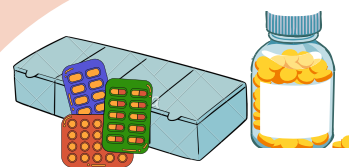
Engage in physical activity such as walking or gentle exercise



Schedule regular health check-ups and screenings



Maintain strong connections with friends and family



**Take medications as prescribed.
Organize medicines in a pill box**