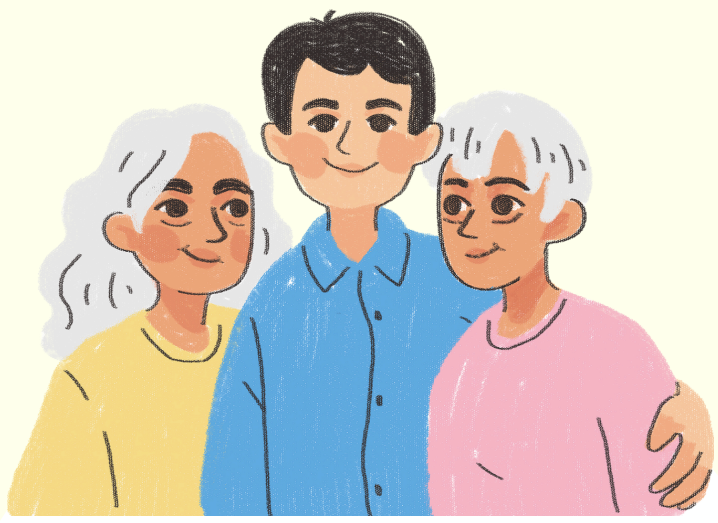


# Tips for Healthy Ageing



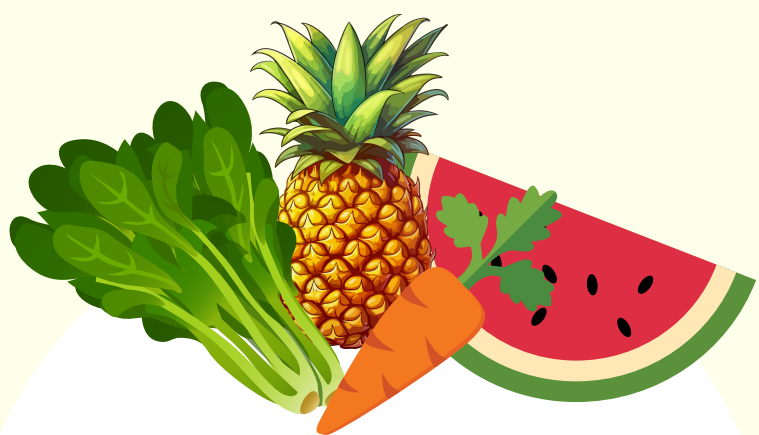
**Maintain social connections with friends & family**



**Stay physically active with regular exercise**



**Get sufficient sleep**



**Eat a balanced diet rich in fruits, vegetables**



**Schedule regular health check-ups & screenings**



**Take medications as prescribed**

**Enjoy the Freedom & Liberty of Getting Old Comfortably!**