

# Enjoy getting older

1 Keep doing things **you** like.



2 If you are worried about your health see your **doctor**.



3 Keep seeing **friends and family**.  
Make new friends at clubs and classes.



4 Eat **healthy meals** - even if you are cooking just for yourself.



5 **Tell people** if you are having trouble - friends, family, care worker or doctor.

**Don't keep things to yourself!**



Find out more