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