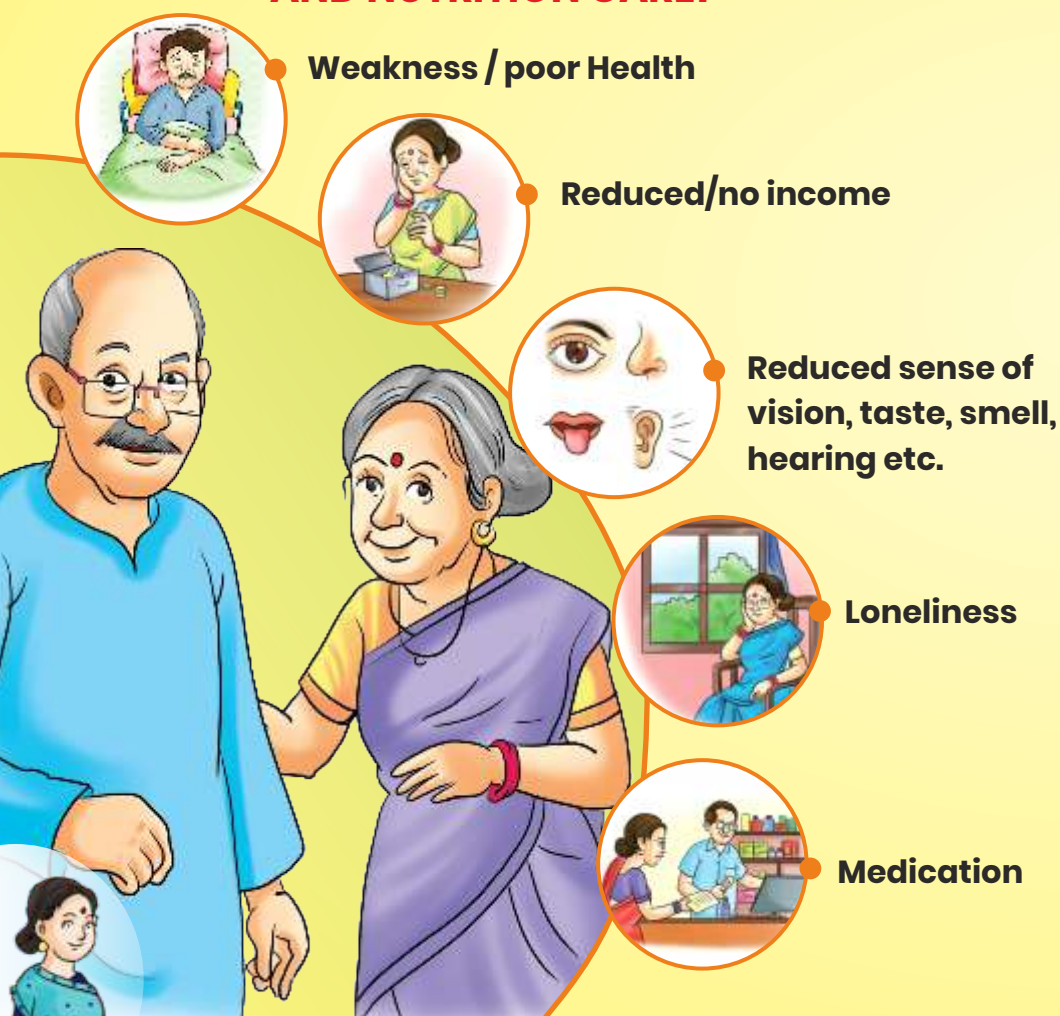


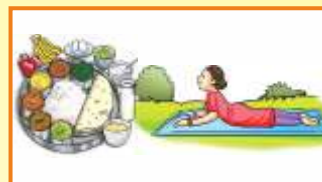
# HEALTH AND NUTRITION FOR THE ELDERLY

Ageing is a natural process. You can be healthy and happy with little care and effort.

## WHY DO ELDERS REQUIRE SPECIAL HEALTH AND NUTRITION CARE?



## LIFESTYLE MANAGEMENT FOR THE ELDERLY



Adopt a healthy lifestyle –  
Eat balanced diet, exercise,  
stay happy, sleep well



Go for regular health  
check-ups – as advised  
by the doctor



Adopt stress  
management techniques –  
meditation, yoga



Do not self-medicate



Avoid smoking,  
consumption of alcohol,  
tobacco chewing



Socialize and be  
part of community  
and SHG groups, attend  
events of your interest

For more information, contact Self Help Group member of your area.