

Healthy Ageing

How to maintain the best possible you

Keeping our bodies active, our brains stimulated and staying on top of our wellbeing as we grow older, can help us remain happy, active, healthy, and as independent as possible.

Warwickshire County Council and Warwickshire Cares Better Together partners, have produced an interactive Healthy Ageing website full of self-care advice, resources, and tips about how to maintain the best possible you.

The website promotes ideas around:

- Keeping Fit with gentle exercises
- Maintaining a healthy diet
- Connecting with friends and family
- Brain Training
- How to keep your home accessible
- Being alert to the signs of infection

For more tips and hints go to

www.warwickshire.gov.uk/healthy-ageing

