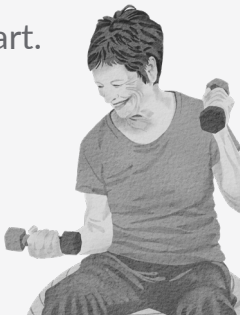


AGE WELL & AVOID FRAILITY

**A**

Daily **activity** will help you stay mobile, flexible, and strong. Walking, weights, stairs — it's never too late to start.

**V**

Vaccines will help protect you from becoming seriously ill at an age where it's harder to recover.

**O**

Optimize your medications by reviewing them yearly with your doctor.

**I**

Social **interaction** makes you happier and helps you live longer!

**D**

Your **diet** should be nutritious and include more protein as you age to keep your bones and muscles strong.

