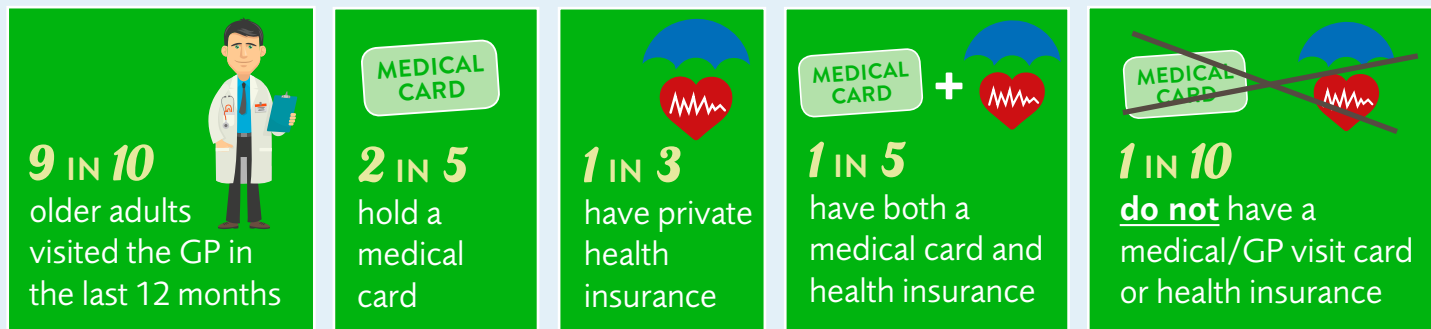
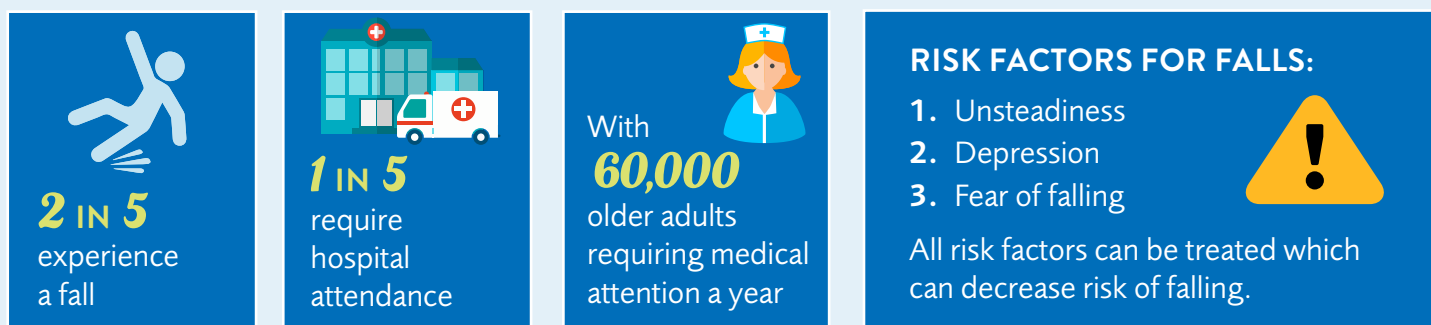


OLDER ADULTS CAN DO MORE TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH

LOOKING AFTER YOUR HEALTH



FALLS ARE COMMON



UNTREATED “TREATABLE” CONDITIONS



Talk to your GP if you have any concerns about your physical or mental health

For more information please visit www.tilda.ie