



# Ageing well: a 10 minute guide

## In the guide:

Do you eat well?

Do you keep active?

Do you take care of your mental health?

Do you want to help others?

Do you keep connected?

Do you care for someone who is dependent?

Do you keep your home safe?

Do you take care to avoid falls?

Do you reduce your risk of dementia?

Information and advice

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26 June 2026

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## Details

Format

A4, PDF, 21 pages

Target group

Public

## Downloads

Attachment	Size
<a href="#">Ageing well - a 10 minute guide (June 2026)</a>	2.88 MB

## Tags

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