# LIVE WELL
# AGE WELL

**It starts with the choices we make today, for lifelong wellbeing.**



## Five ways to age well:

- ✅ Stay active, strong and steady
- ✅ Stay connected
- ✅ Eat and drink well
- ✅ Look after your mental wellbeing
- ✅ Ask for support early

SCAN HERE!

Scan the QR code or visit the website below for local support, activities and advice.

Integrated Care System
Shropshire, Telford and Wrekin

**Visit: STWlivewellagewell.co.uk**