ERVINGATANY AGEGHEGHSI

Health

Schedule regular check-ups Hydrate consistently Prioritize sleep 👀 Add a little exercise to your day

Social

- Reach out to loved ones Engage in group activities Give back

Throw some color (veggies +

fruits) on your plate

Celebrate YOUR milestones

Mental Health

Set goals Be open to curiosity Ask yourself the hard questions and be honest with the answers Learn new skills Find something to be grateful for every day Remind yourself you're "never too old" to try something new

Helpful Resources

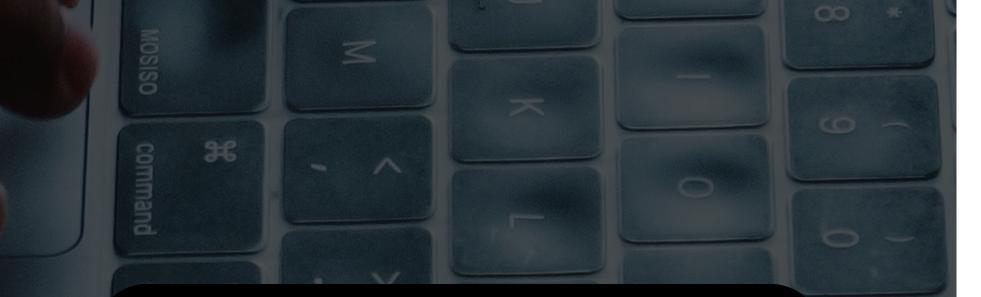
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rack your screen time

Say it with me, "it's all about my aging experience."



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