completewellbeing
Stay Well

# WORLD HEALTH DAY 2012

# PLAY FOR LIFE

**Don't just add years to your life;
add life to your years…**

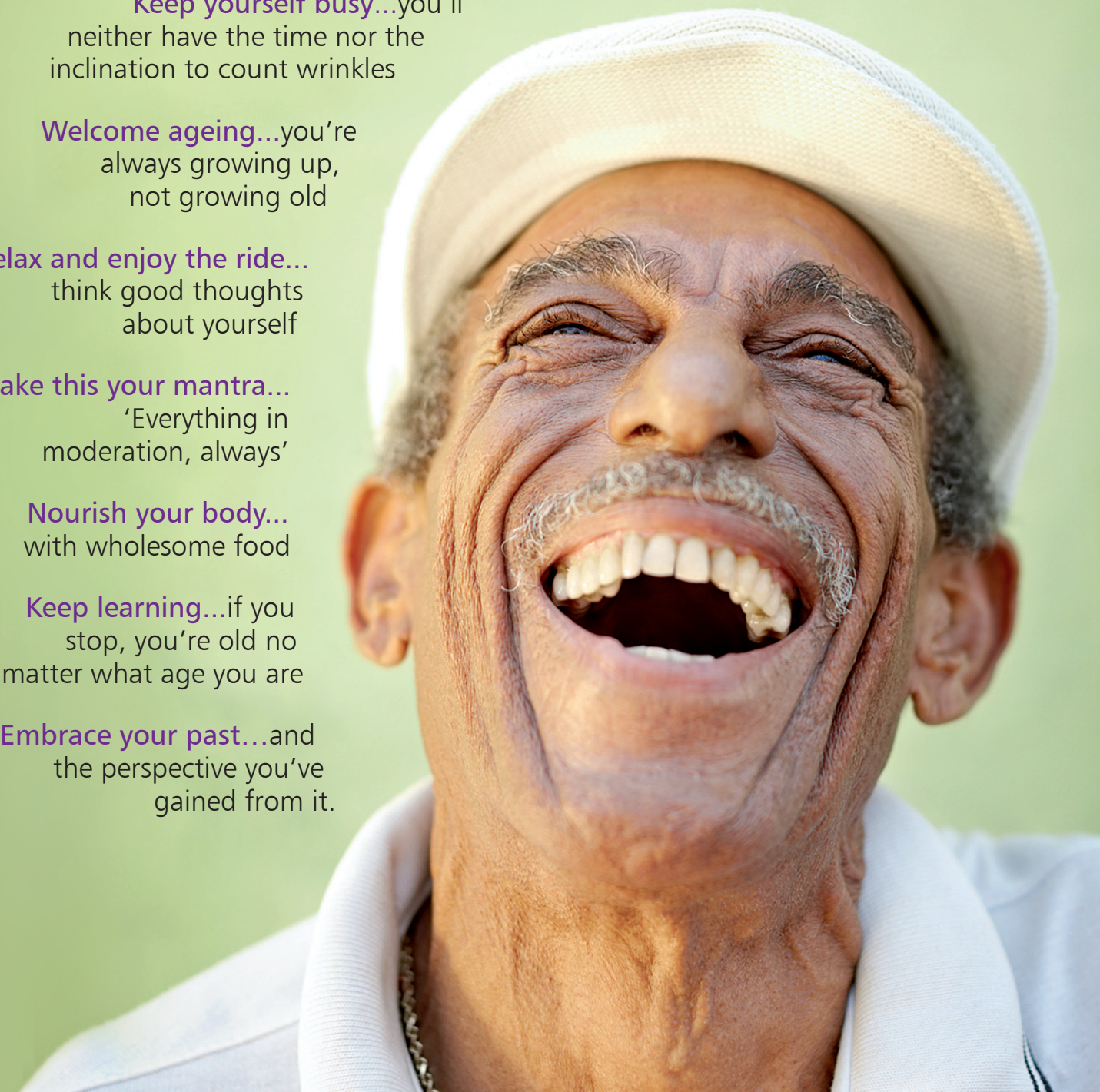
**Keep yourself busy**…you'll neither have the time nor the inclination to count wrinkles

**Welcome ageing**…you're always growing up, not growing old

**Relax and enjoy the ride**… think good thoughts about yourself

**Make this your mantra**… 'Everything in moderation, always'

**Nourish your body**… with wholesome food

**Keep learning**…if you stop, you're old no matter what age you are

**Embrace your past**…and the perspective you've gained from it.