



fountain of health

Healthy Living – Positive Aging

Nova Scotians are living longer. You've heard it before but what does it really mean to you? What are you going to do to take charge to age well and enjoy your senior years?

Research shows that healthier aging is possible when you:

- Are socially active;
- Take care of your mental health;
- Continue to learn new things;
- Are physically active; and
- Change the way you think about aging.

Over the next few months the Fountain of Health will give you simple steps you can take to continue your positive aging journey. With the encouragement and support of your friends, family, and health professionals you can seize the opportunity to plan, prepare and age well.

Do it for your community. Do it for your family. Do it for yourself.