



# TAKE FIVE TO AGE WELL

Fun, free and  
easy – one  
month of  
simple habits  
that change  
your life.

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Join a UK-wide community this  
September, building simple habits that  
will boost your health and happiness.

**Free and expert led: sign up today!**  
[wels.open.ac.uk/take5](https://wels.open.ac.uk/take5)

