Notice any of the following signs?

Check out our simple tips, call your local Age UK or visit www.paperweightarmband.org.uk

Notice any of the following signs?

- I've lost weight without trying
- Loose dentures
- Loose collar or clothes
- I feel tired all the time
- I've got a poor appetite
- Thin arms or legs
- It's difficult to get to the shops
- I find it hard to keep warm
- Loose belt
- Loose ring or watch
- It's difficult to cook just for one
- Loose shoes

For more information call your local Age UK

Bolton: 01204 382411  Bury: 0161 763 9030  Oldham & Rochdale: 0161 633 0213
Manchester: 0161 833 3944   Salford: 0161 788 7300  Stockport: 0161 480 1211
Tameside: 0161 308 5000  Trafford: 0161 746 9754  Wigan Borough: 01942 241972

For more details visit: www.ageukalford.org.uk