

Find these 15 top tips on how to age well...

H E O E B X K O B N V K F S S V T G T M
 G C L Y M K N Q S N S K T C O O E N E Z
 E L U I I T U Y I I H A X V R G E I I X
 T R D O M Q G Z V D Y P A F T C F K D B
 A F R M T S T Y X A V J F B O U R O D R
 V F N A B N T X C C X M D N U Y U M E H
 I Y S K O C I T Y X I X N P T X O S C P
 T K V O O B I Y I Q E E N E Y Z Y P N I
 A W T J G V D X A M C N E Y O Z F U A X
 M H A V E A R O U T I N E X U F O E L I
 I O R R T S X E W E S L K E R F E V A V
 N Y U I G T A I W N E K G J S G R I B P
 B W P U A S T A W K A A S K L C A G D F
 O V E J B H T N F U L X H D E X C I A H
 O C N O A P S E D S H P I G E S E C G S
 S E F G H M H E B U Z N M X P E K U U S
 T Y E Q D N E I R F A E N O H P A H D X
 N U R R A V L Q L F B D W H A L T A A G
 K H T E E T R U O Y R E T F A K O O L M
 B A J U L F A E V A H X W U H U U Y J K

Words to find:

Balanced diet

Have a flu jab

Smile

Connect with Age UK

Have a routine

Sort out your sleep

Fresh air

Laugh

Stay active

Get a vitamin boost

Look after your teeth

Stay in touch

Give up smoking

Phone a friend

Take care of your feet