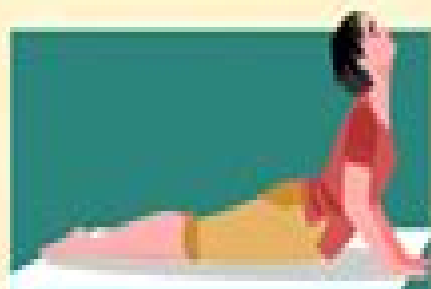


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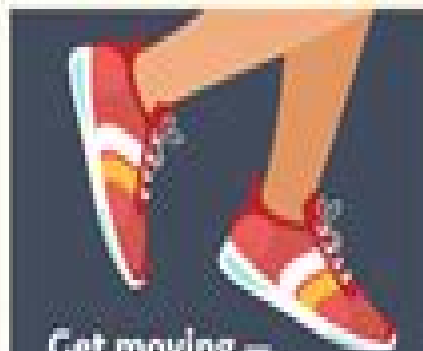
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Manage stress —  
try yoga or keep  
a journal.



Learn something  
new — take a class  
or join a club.



Get moving —  
try gardening,  
biking, or walking.



Choose healthy foods  
rich in nutrients.



Go to the  
doctor  
regularly.



Connect  
with family  
and friends.

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# Healthy Aging Codes Ideas

**Clemens Wendtner**



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