



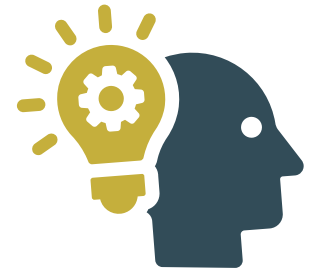
## Explore Hobbies

Engaging in enjoyable hobbies



## Prioritize Physical Health

Regular check-ups and medication adherence



## Engage in Brain Exercises

Cognitive activities to maintain sharpness



## Get Adequate Sleep

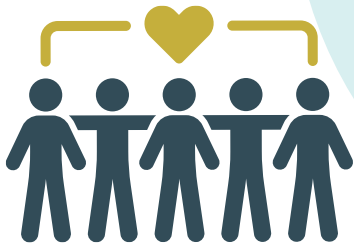
Quality rest for overall health



## Maintain Healthy Diet

Balanced nutrition and hydration

# Self-Care Checklist for Seniors



## Stay Socially Connected

Interaction with family and community



## Exercise Regularly

Gentle physical activities promote mobility



## Manage Stress

Relaxation techniques and professional support