

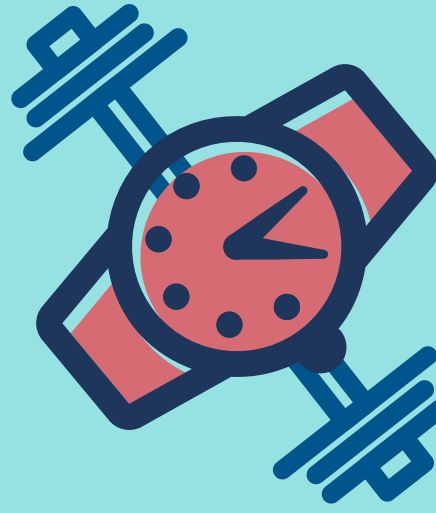


HEALTHY AGING

Evidence-Based Lifestyle Interventions

IT TAKES 7 MINUTES A DAY

Research shows it takes as little as **7 minutes** a day of exercise to prevent disability.



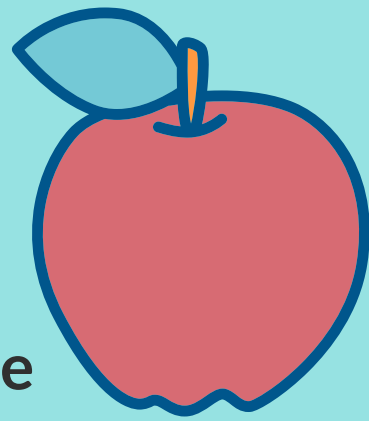
LONG-TERM CARE STARTS NOW

By making a long-term care plan now, you can help yourself and your family lead **healthy lives**.



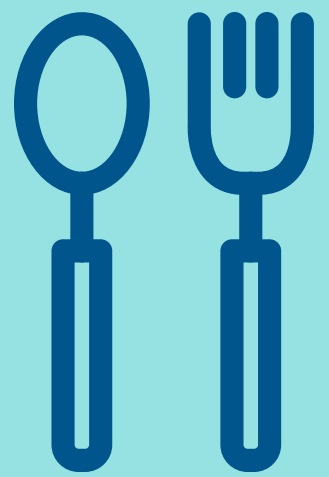
LEADING HEALTHY LIVES

There are community programs available that can provide guidance on how to incorporate **nutrition** and **exercise** into your busy life.



WE ARE LIVING LONGER

By 2050, our nation's elderly population will **double** to 88 million. The number of people over age 85 will **quadruple**.



APPLIED HEALTH RESEARCH

Applied health research can help us understand how we age as a **community**.



Watch the recorded livestream at www.bit.ly/OCOHOJAN22

