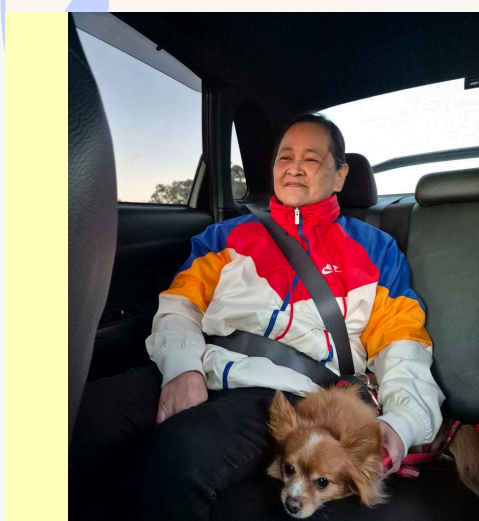


HEALTHY AGING STORY



This is her on the way to the park to walk around with my dog!



MY LOLA

STORY

In Filipino culture we call our grandma's Lola. I believe my lola and I have a very well connected relationship. I always grew up to our elders being the most respected people in our family, they are the heart to our family tree. Healthy aging is something I have encouraged my lola to do but she has always seemed to encourage herself as well. She works a lot which also causes her to keep being on the move every day. Her eating habits aren't always healthy but she tries to get better when she can. Whenever I am able to see her, I always use that time to stay connected with her. whether that be simply watching tv with her, talking with her about school or making food and desserts with her.

WHAT IS HEALTHY AGING?

Healthy aging is about making smart choices for your body and mind as you get older. Good habits keep you strong and independent, so you can enjoy life at any age. Eating well, staying active, and keeping your mind sharp can help you fight the effects of aging and lower your risk of getting sick. It's not about living longer, but living better, embracing each day with energy and taking care of yourself, which can inspire others to do the same!



MY LOLA, MUM & SIBILINGS

LOLA & TITA'S
(AUNTIES)

