



**Take Medications**



**Try a Healthy Recipe**



**Know the signs of a stroke**

**Blood Pressure**



**Below 130/80**

**Control Portions**



**Eat a Variety of Foods**

**Be Positive**

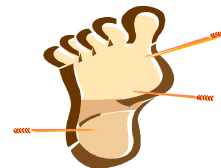


**Reduce Salt**



**Get Teeth Checked**

**Check Feet**

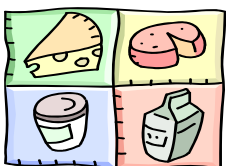


**Eat Whole Grains**



**Get Eyes Checked**

**Eat Calcium Rich Foods**



**Use Non-Slip Rugs**



**Chair Exercises**



**Reduce Fat**



**Check Food Labels**



**Get Regular Checkups**

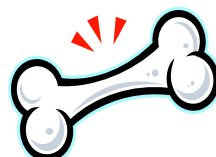
**Take a Supplement w/ Vitamin D**



**A1c**



**Less than 7%**



**Check Bones**



**Go for a Walk**

**Eat Foods rich in Vitamin D**



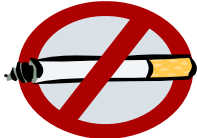






**Good Lighting**

**Be Active**



**30 Minutes Daily**

<p><b>Test Blood Sugar</b></p> 	<p><b>Cholesterol</b></p>  <p><b>LDL Less than 100 mg/dL</b></p>	 <p><b>Don't Smoke</b></p>	<p><b>Know the signs of a heart attack</b></p> 	 <p><b>Gardening</b></p>
<p><b>Take a Calcium Supplement</b></p> 	<p><b>Eat Fruits &amp; Vegetables</b></p>  <p><b>7 to 10 daily</b></p>			