



## Health and well-being

Good health is about the mind as well as the body - feeling physically fit, and feeling good about ourselves, means that we can go and achieve more of the things we want to do in life.

Staying in good health is important to all of us, and can become particularly important in later years.

The best way to stay healthy - physically and mentally - is by learning how to take care of yourself, and about the support you can get to help with any health problem you might already have.

Sometimes it's difficult to find the motivation, the time and the energy to make a few changes in our lives. We're all human! However a bit of effort can pay off in many ways.

In this section you can find out about different ways to stay well in mind and body whatever your situation. We've got information on how to take care of yourself, including information on dental hygiene, foot care, weight loss, medication, nutrition, alcohol use, giving up smoking, and exercise.

Even if you already have a health problem or disability there are lots of things you can do to stay as healthy as possible and to remain as independent as possible.

If you've recently been diagnosed with a health condition, or even if you've been living with one for a while, it can be worrying not knowing what it all means. In this section you will also find information on some of the many conditions which can befall any of us, and which can sometimes make us feel as though we cannot lead our lives as we would like to.

You can start learning more about health and well-being by clicking one of the options from the menu on the left.

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