RADIO ROUNDUP

a collection of features, oddities, and helpful tips

91 WORDS, 30 SECONDS

AGING SMART

WHEN IT COMES TO MAINTAINING HEALTH AND INDEPENDENCE AS YOU AGE, A FEW THINGS CAN GO A LONG WAY. FIRST, MAKE SURE YOU GET ENOUGH SLEEP, AND EXERCISE BOTH YOUR BODY AND MIND. STAY ON TOP OF YOUR MEDICATION MANAGEMENT, AND TURN TO TECHNOLOGY THAT CAN HELP YOU STAY SAFE AND HEALTHY. FOR EXAMPLE, A MOBILE APPLICATION FOR YOUR SMARTPHONE CAN CONNECT YOU WITH A LIVE MEDICAL ALERT SERVICE WHEN YOU NEED HELP. FOR MORE RESOURCES ON AGING WELL, YOU CAN VISIT PHILIPS LIFELINE AT LIFE-LINE-S-Y-S--DOT--COM.