

Log In

Email:

akshayghiwarkar@gmail.com

Password:

Log In

© 2023 Rejuvenate Health Care. All rights reserved.

Sign Up

Name:

Ganesh Hiwarkar

Email:

akshayghiwarakar@gmail.com

Password:

Phone:

09049378565

Gender:

Male

Age:

55

Sign Up

Medicine Reminder

Medicine Name:

Medicine Time:

Add Reminder

Reminders:

Sorbitrate
Losakind 50 H
Dolo 150
EcoSprin AV 150

Daily Schedule for Age 50 to 70

Time	Activity
08:00 AM	Morning Walk
09:00 AM	Breakfast
10:00 AM	Yoga or Exercise
12:00 PM	Lunch
03:00 PM	Nap or Rest
05:00 PM	Socialize or Hobbies
07:00 PM	Dinner
09:00 PM	Relaxation or Reading
10:00 PM	Bedtime

Medicine Reminder

Medicine Name:

Medicine Time:

Add Reminder

Daily Schedule for Age 50 to 70

Time	Activity
06:00 AM	Morning Walk
08:00 AM	Breakfast
10:00 AM	Yoga or Exercise
12:00 PM	Lunch
03:00 PM	Nap or Rest
05:00 PM	Socialize or Hobbies
07:00 PM	Dinner
09:00 PM	Relaxation or Reading
10:00 PM	Bedtime

About Rejuvenate Health Care

Rejuvenate originated as a combination of the prefix re-, which means "again," with the Latin parent of juvenile and junior—juvens, meaning "young." Rejuvenate literally means "to make young again" and can imply a restoration of physical or mental strength or a return to a more youthful, healthy condition. Things that are timeless can also be rejuvenated.

Alquam erat volutpat. Proin vitae libero volutpat, maximus erat eget, bibendum lectus. Donec consequat fructus ipsum, nec maximus est pulvinar sed. Sed gravida laoreet tortor, non auctor justo. Proin placerat arcu metus, at feugiat metus dignism ut amet. Quisque sagittis nisl vitae pulvinar viverra. Praesent interdum tempus pharetra. Proin portitor augue ut amet lorem ultrices cursus. Nullam sollicitudin orci eu erat bibendum interdum.

Sed non efficitur sem. Fugue vestibulum metus in leo vulputate, vitae feugiat nulla luctus. Curabitur maximus malesuada metus id aculis. Sed lobortis neque ut erat dapibus, nec tristique orci tristique. Vivamus fringilla nunc ut tortor mattis, sit amet aliquam nisl interdum. Maecenas commodo nisl nec pulvinar feugiat. Nam et tellus ut amet tellus pulvinar metus. Nam vel sapien at odio interdum venenatis. Donec pretium placerat fringilla. Integer feugiat risus vitae lacus congue malesuada.

