



# HEALTH ALERT

Take precautions provided by Ministry of Health

## WellBeing

### Bone Health



As we age just like our skin our bones age taking early precautions and care helps to keep them healthy.

### Exercise



Taking regular exercises, right tips for longevity and special workout plans for heart health.

### Oral Health



Regular dentals check-ups at least every 6 months are recommended, along with tips for oral hygiene.

### Child Health



Unlike adults children are vulnerable, guidance on how to keep your child's health till maturity.

### Mental Health



Guidance on how to feel mentally and emotionally healthy, better you are better is it for the rest of us.

### Addiction Support



Somethings we isn't healthy for us, find out the benefits of reducing activity on bad habits to you health.