



Women's Wellness for Every Decade

The basics of healthy living are timeless. But depending on your age, there are specific steps you can take to stay well.

The article, **Women's Wellness for Every Decade**, is available in the *Health & Wellness Centre** Health Library, and outlines health-boosting moves you can make during each decade. Examples include:

- *In your 20's:* Get enough iron
- *In your 30's:* Make time for exercise
- *In your 40's:* Talk about a baseline mammogram
- *In your 50's:* Get your shingles shot
- *In your 60's:* Check your balance
- *In your 70's and beyond:* Play mind games

Whatever stage of life you're in, you can take steps to improve your health – today and in the future.

*Access the Health & Wellness Centre through your [My Canada Life at Work](#) profile today.