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Men’s Health Through the Decades

You’re never too young or too old to take care of your health. But depending on your age, there are different steps you can take to stay well.

The article, **Men’s Health Through the Decades**, is available in the *Health & Wellness Centre** Health Library, and provides healthy living tips men can use during each decade. Examples include:

- *In your 20’s:* Know your family history
- *In your 30’s:* Squeeze in activity
- *In your 40’s:* Adapt your healthy sleep routines
- *In your 50’s:* Get your shingles shot
- *In your 60’s:* Keep up on your eye health
- *In your 70’s and beyond:* Eat smaller, more frequent meals

At every stage of life, there are steps you can take to improve your health. Take action today for a healthier future!

*Access the Health & Wellness Centre through your My Canada Life at Work profile today.

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