



Staying well and strong at every age

Aboriginal infographic and artwork by Carissa Paglino, 2023, and Aboriginal artwork by Dennis Golding, 2016.



Have an **Aboriginal Health Assessment**.



Connect with country and mob as often as you can.



Eat healthy foods - try to eat more fruit, vegetables, wholegrain cereals and legumes.



Protect your skin - wear protective clothing and sunglasses, put on a hat, apply sunscreen every 2 hours and seek shade.



Talk to your doctor if you experience any unusual body symptoms/changes