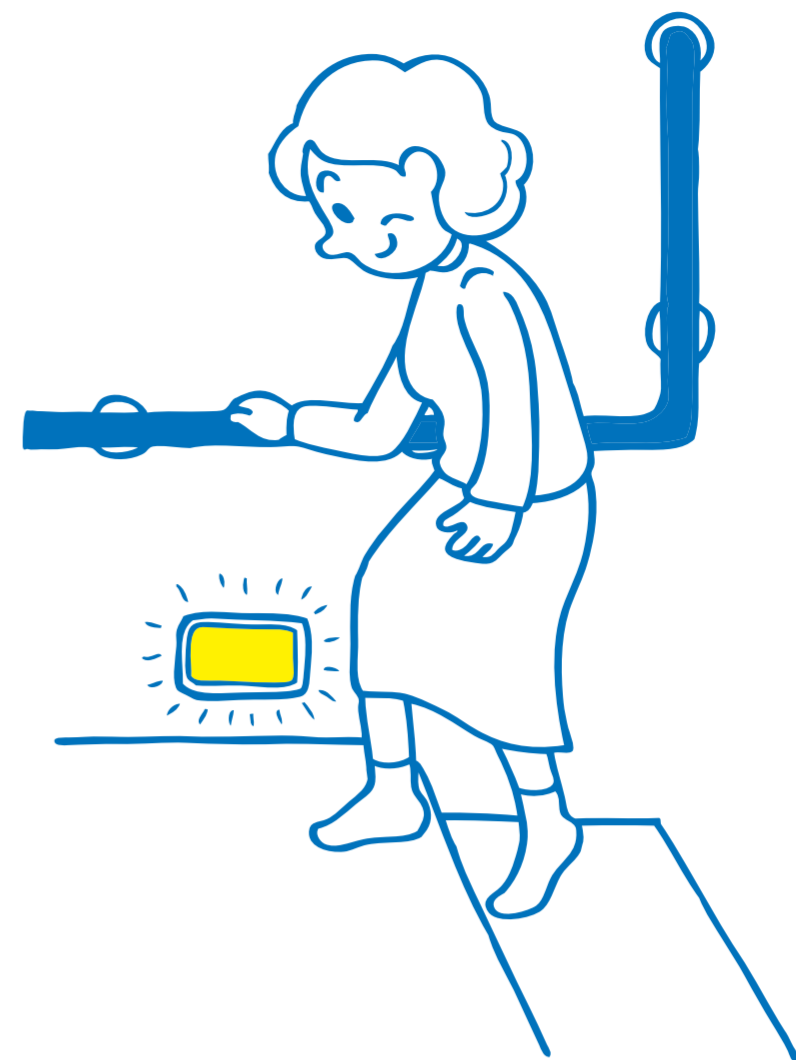
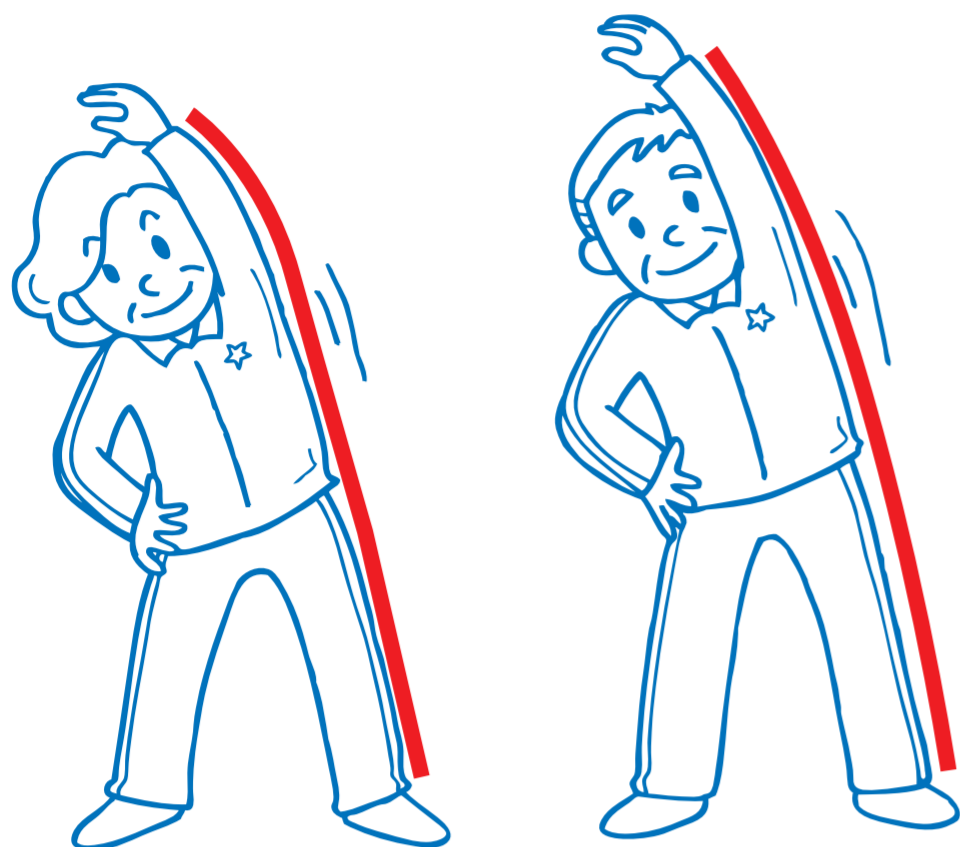




F Eat a balanced food and diet regularly



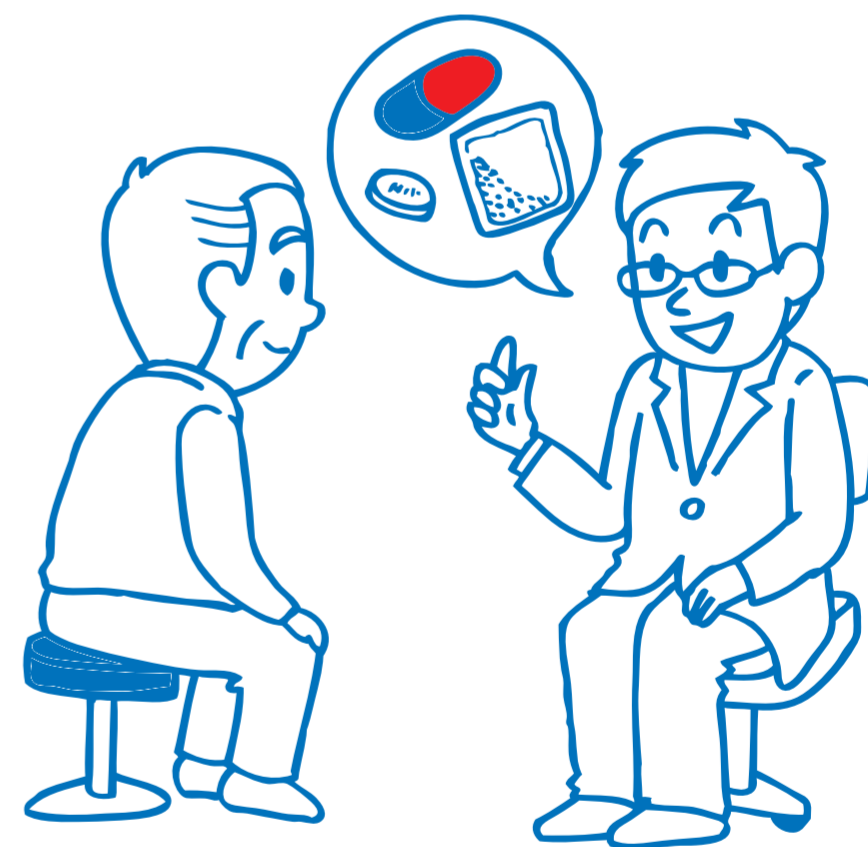
E Be safe both inside and outside home environment



A Stay physically active



S Be mindful of slippers and footwear



T Take your tablets (medicine) properly



Y Try to improve your yesight