



NHS Healthy Ageing Guide

The [NHS Healthy Ageing Guide](#) provides advice to help older people to stay physically and mentally well, and hints and tips on how to keep fit and independent.

The guide is used widely by pharmacists and fire and rescue services, and NHS England would like to increase the take up from GP practices and make sure it reaches as many older people as possible – especially through the colder months.

Hard copies are available to order (and be delivered) for free through Prolog, by calling 0300 123 1002 or online at: www.orderline.dh.gov.uk quoting reference HA2.

There is no cap on order numbers.