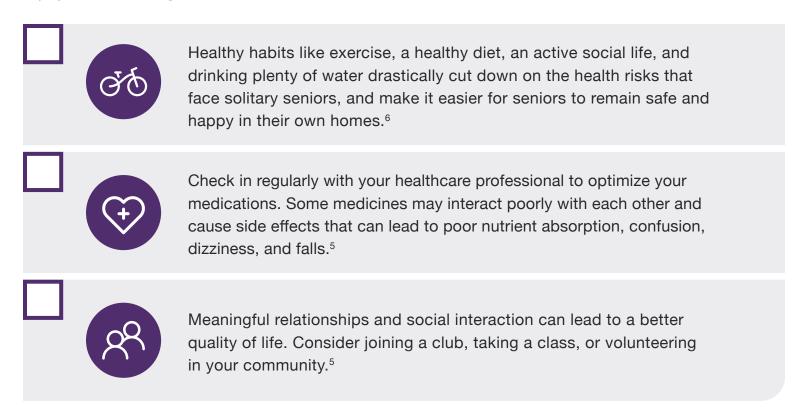
Tips to Live Safely and Independently at Home



According to a survey by Leger and TELUS Health, the majority of Canadians (90%) intend to do everything they can to stay active and maintain their optimal health and independence.

To help achieve and maintain independent ageing, use these tips to for cognitive and physical wellbeing:



There's no time like the present! Start making these activities part of your routine today to maintain optimal safety and wellness in your home.

And if accidents do happen, TELUS LivingWell Companion, a personal emergency response service with optional fall detection capability, can provide you with access to help.

