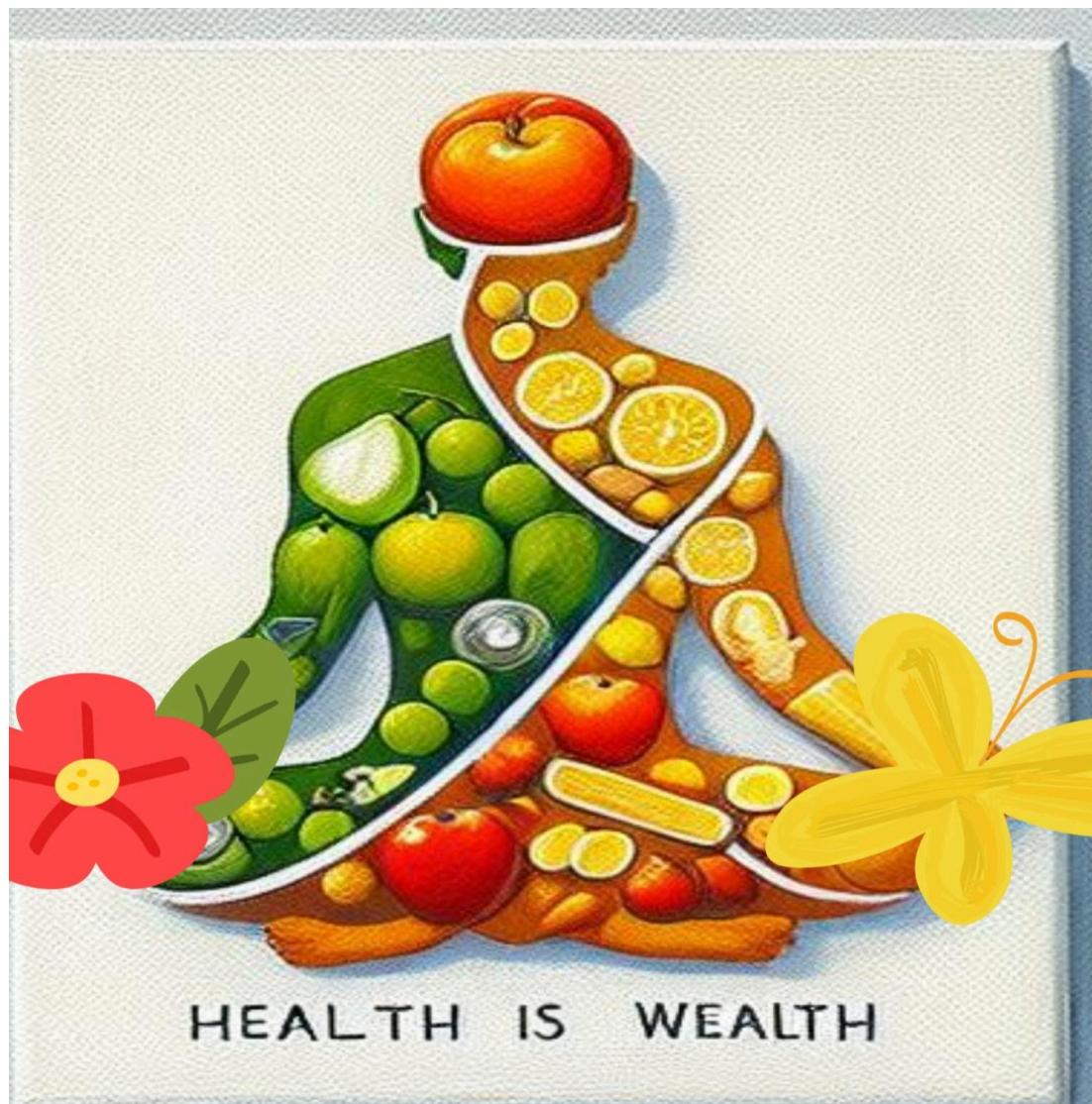




Your Health = Your Wealth at 50+

You certainly want to start your wellness journey today and always by prioritizing your health with easy steps that fit into your busy life and that you can maintain as you age gracefully.

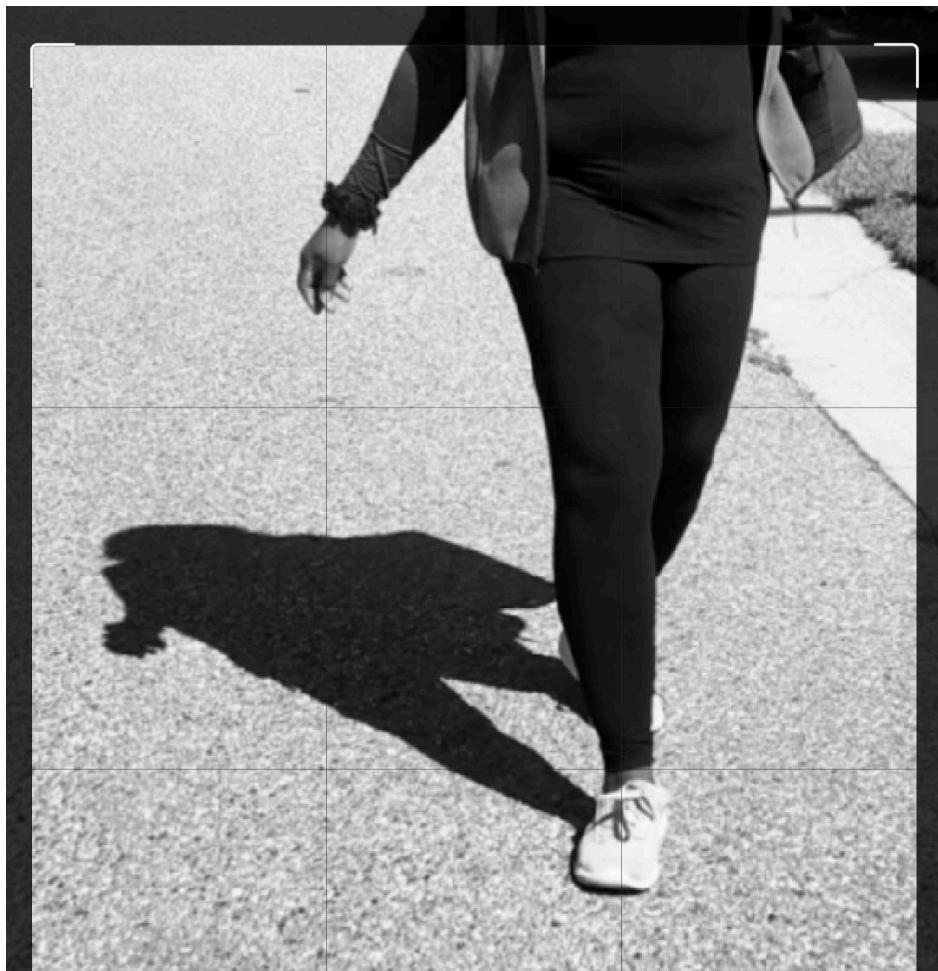
An advertisement for PatHealth & Wellness. The background is a scenic sunset over a calm sea with distant hills. A white speech bubble contains the text "PatHealth & Wellness" in a bold, italicized font. Below it, a blue speech bubble contains the tagline "Helping you take charge of your health" in a white, cursive font. At the bottom, the slogan "HEALTH IS WEALTH!" is written in large, white, bold, sans-serif letters.



Health is about what you eat or put into your body

You need to search, try out and discover simple routines that boost your energy, reduce stress, and help you feel your best mind, body and soul.

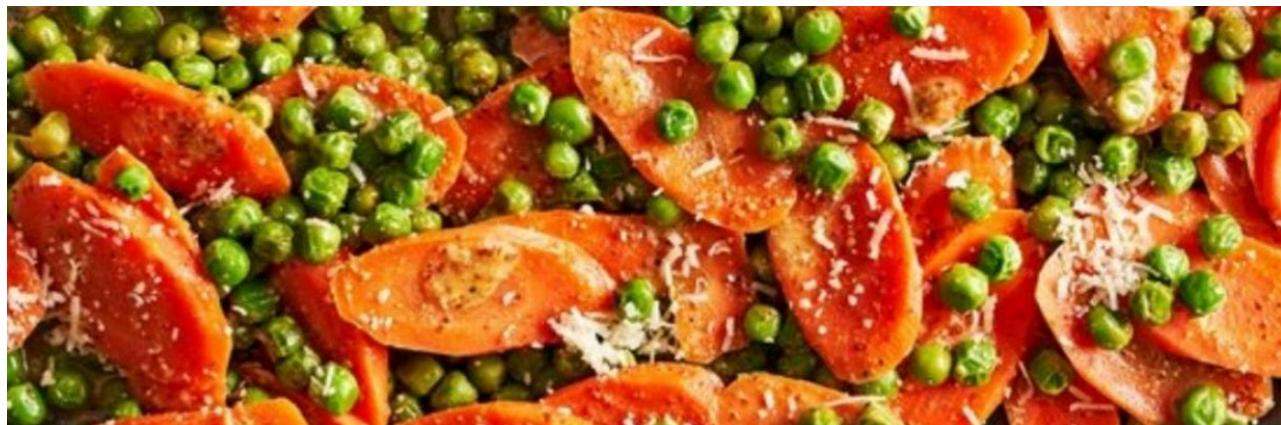




Exercising such as walking, can be a health routine

Imagine waking up everyday full of vitality, ready to take on any challenges. My health & wellness tips on the different pages of this website, can support you to make this possible.





Still on food--keep them colorful to be healthy

Take Control of your health now. Get the [tools](#) on this site and subscribe to be notified as soon as new health & wellness tips, tools or blog is published.

It's up to you to take action now!

Here is a free simple [Health & Wellness planner tool for Seniors](#) to support you!

Cheers and live healthy daily!

