

## A healthy future

Some old people have problems.  
If you are healthy today,  
you can have a healthy future.



**Arthritis** It hurts to move the body.



**Diabetes** is a problem with the sugar in the body.



**bone problem** is a problem with the bones.



**Cancer** can be in any part of the body.



**Heart** problems are in the heart.



**Vision** problems, **Hearing** problems  
are problems with the eyes or ears.



**Tooth** problems Some old people have no teeth.



**Mental** problems.

Some old people have problems in the brain.

Some old people have problems.  
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you can have a healthy future.

