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Many women over 60 are more focused than ever on taking care of their health. In the past, we may have taken our bodies for granted. Now, as we enter our 60s, many of us realize that this is no longer wise. So, the women in our community are embracing regular exercise, eating better and, generally speaking, taking better care of themselves.

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in their stride and to relish the new decade. For others, turning 60 is depressing, daunting and instigates feelings of anxiety. No-one wants to grow old but the biggest challenge is to ensure that your health is as good as it can be and that your quality of life continues to improve.

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