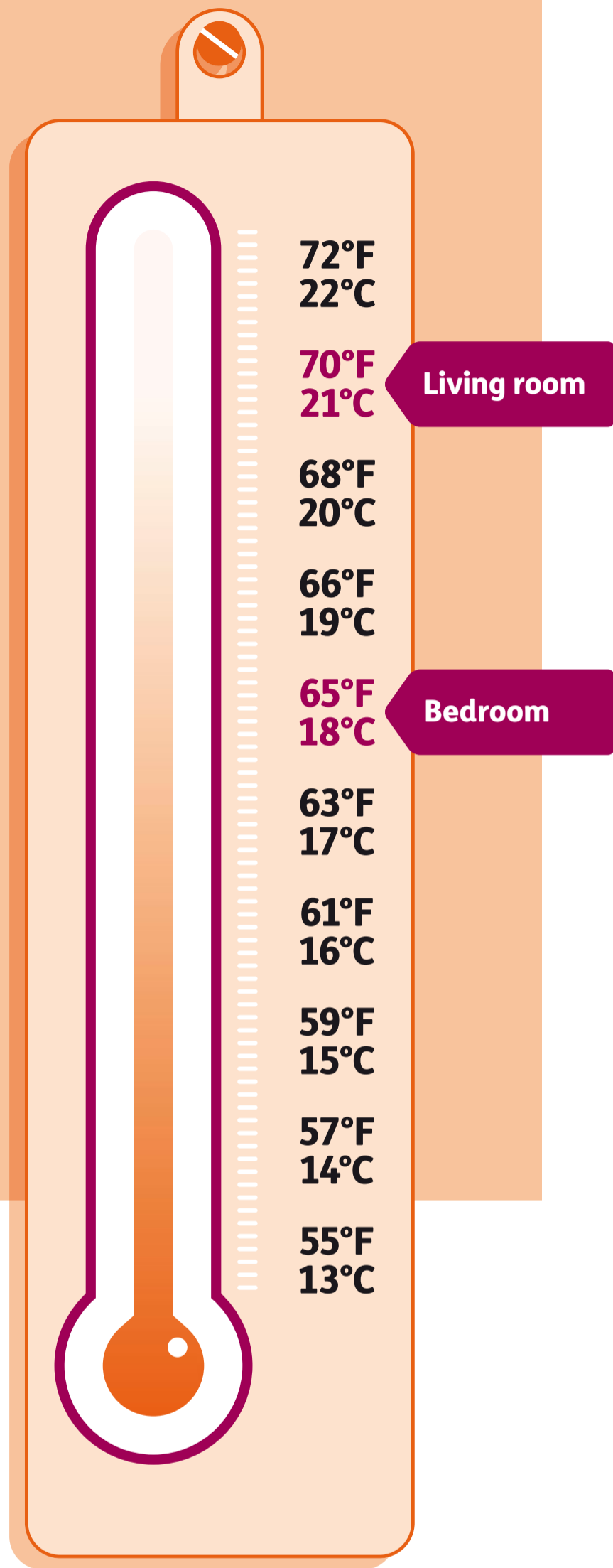


Protect your health – keep warm in winter



As you get older, exposure to the cold increases your risk of a heart attack or stroke. Reduce the risk by keeping your living room at 70°F (21°C) and your bedroom at 65°F (18°C).

For your two free room thermometers, phone Age UK Advice on **0800 587 06 68**, or for more information, you can always visit **www.spreadthewarmth.org.uk/thermometers**



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