



# Wellness for Super-Seniors: How to Support Your Parents Health & Happiness & Help Them Live Longer, Better

*Juan O'Callahan*

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## **Wellness for Super-Seniors: How to Support Your Parents Health & Happiness & Help Them Live Longer, Better** Juan O'Callahan

WELLNESS FOR SUPER-SENIORS sets out the essential tools for the revitalization of our oldest population groups: to help them live those extra twenty to thirty years with a sense of happiness and healthy functioning. This book is meant to be read by, and is intended for, super-seniors themselves. The author, at 80, is a super-senior. But it is also a guide and a story for the whole family, specifically the adult children and the caregivers of super-seniors. The readily-doable program is based on three pillars, all equally important: (1) safe exercises; (2) healthy, balanced eating; and (3) medical awareness of “potentially-avoidable” diseases and preventive tools. This plan sets out how to live longer; better.

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