

The Secrets of Old Age



To All Retired Friends...



**Secrets of Life in 6 words:
Before middle age – Do not fear!
After middle age – Do not regret!**

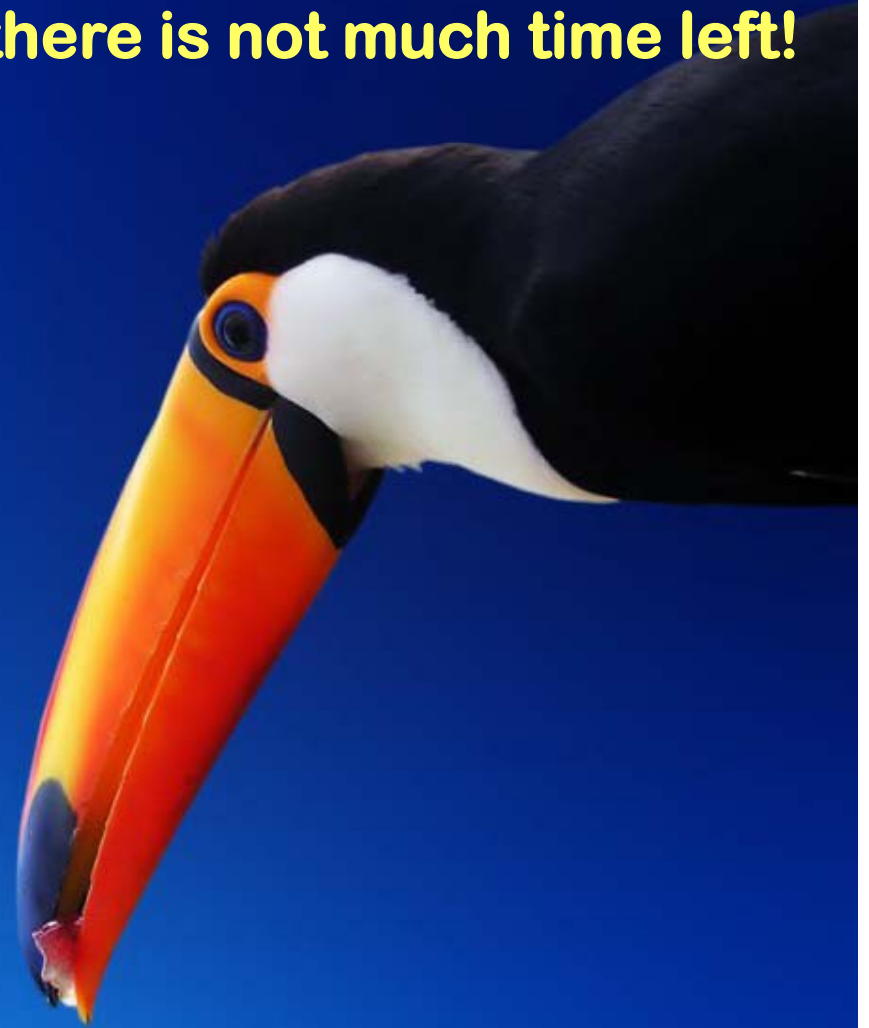




Enjoy Your Life While You Can

- Do not wait till you cannot even walk just to be sorry and to regret!**
- As long as it is physically possible, visit places you wish to visit.**

When there is an opportunity, get together with old classmates, old colleagues & old friends. The gathering is not just about eating, its just that there is not much time left!





**Money kept in the banks may not be really yours.
When it is time to spend, just spend, treat yourself
well as you're getting old!**

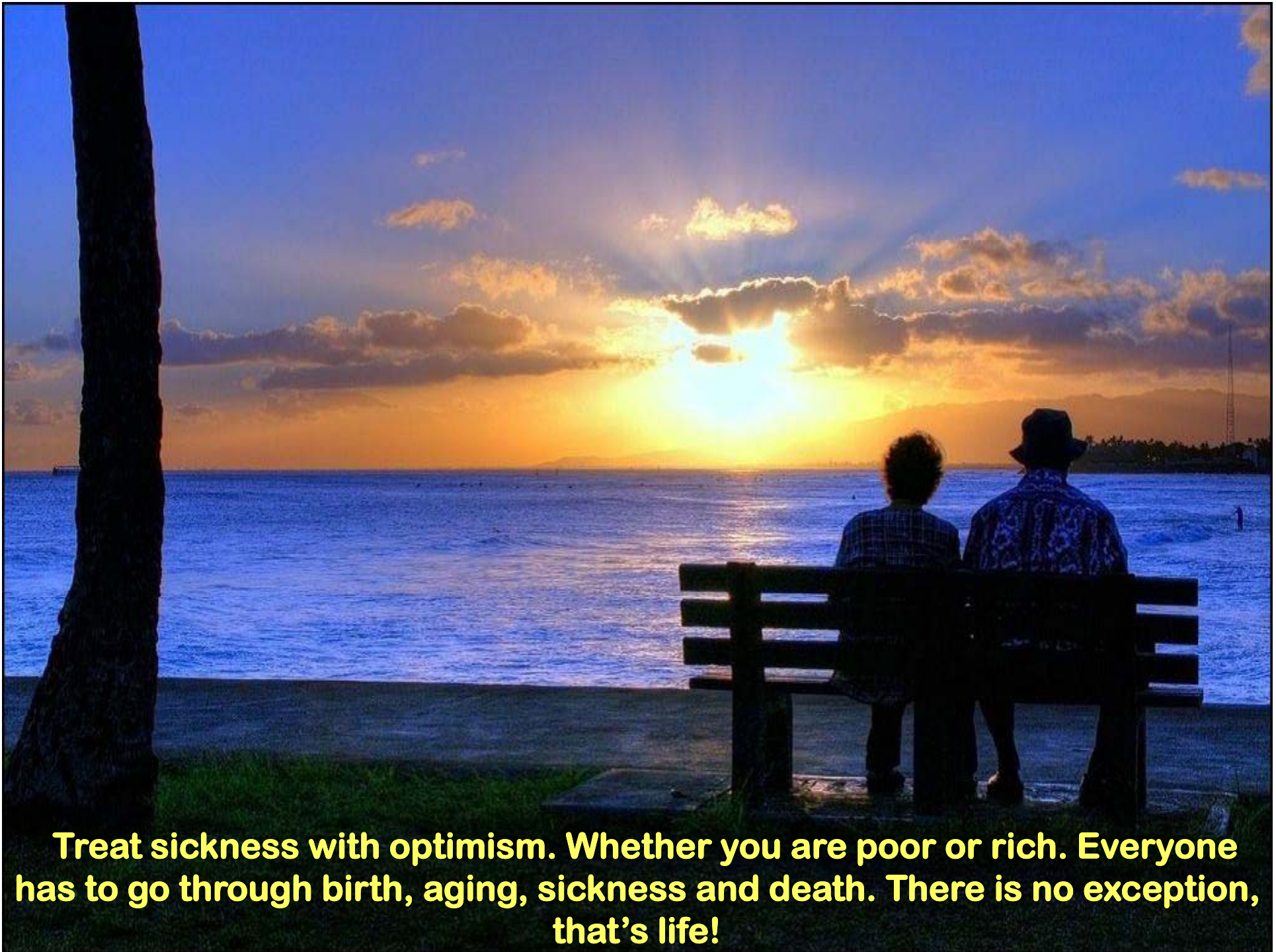
**Whatever you feel like eating, just eat!
It is most important to be happy!**



1. Foods which are good for health – eat often and more but that is not everything.
2. Things which are not good for health – eat less once a while but do not abstain from them totally.

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Treat sickness with optimism. Whether you are poor or rich. Everyone has to go through birth, aging, sickness and death. There is no exception, that's life!

Do not be afraid or worried when you are sick. Settle all the outstanding issues before hand and you will be able to leave without regret!



**Let the doctors handle your body,
Let GOD / NATURE handle your life,
But be in charge of your own moods!**

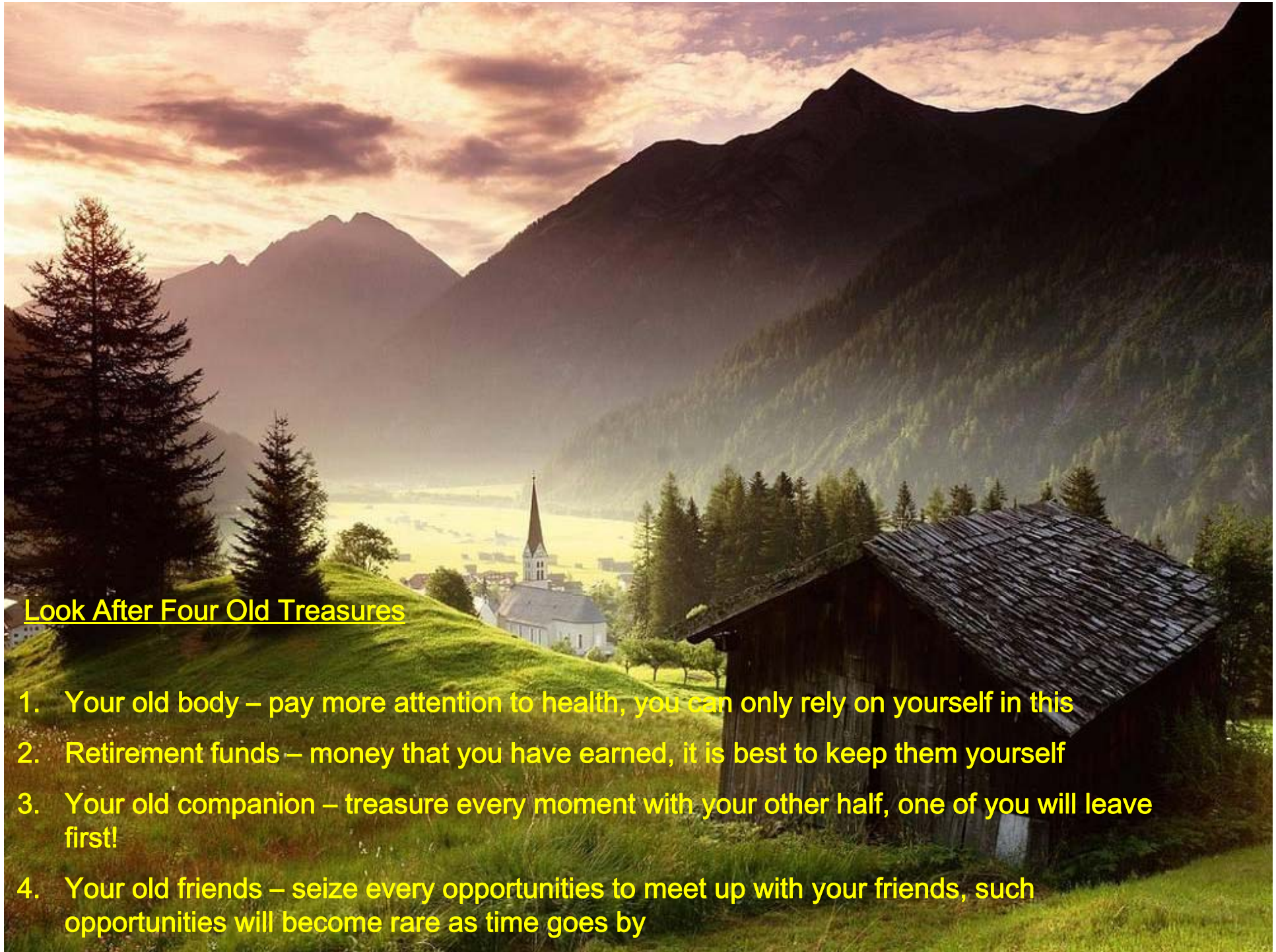


**If worries can cure your sickness, then go ahead and worry!
If worries can prolong your life, then go ahead and worry!
If worries can exchange for happiness, then go ahead and worry!**



Our kids will make their own fortune.





Look After Four Old Treasures

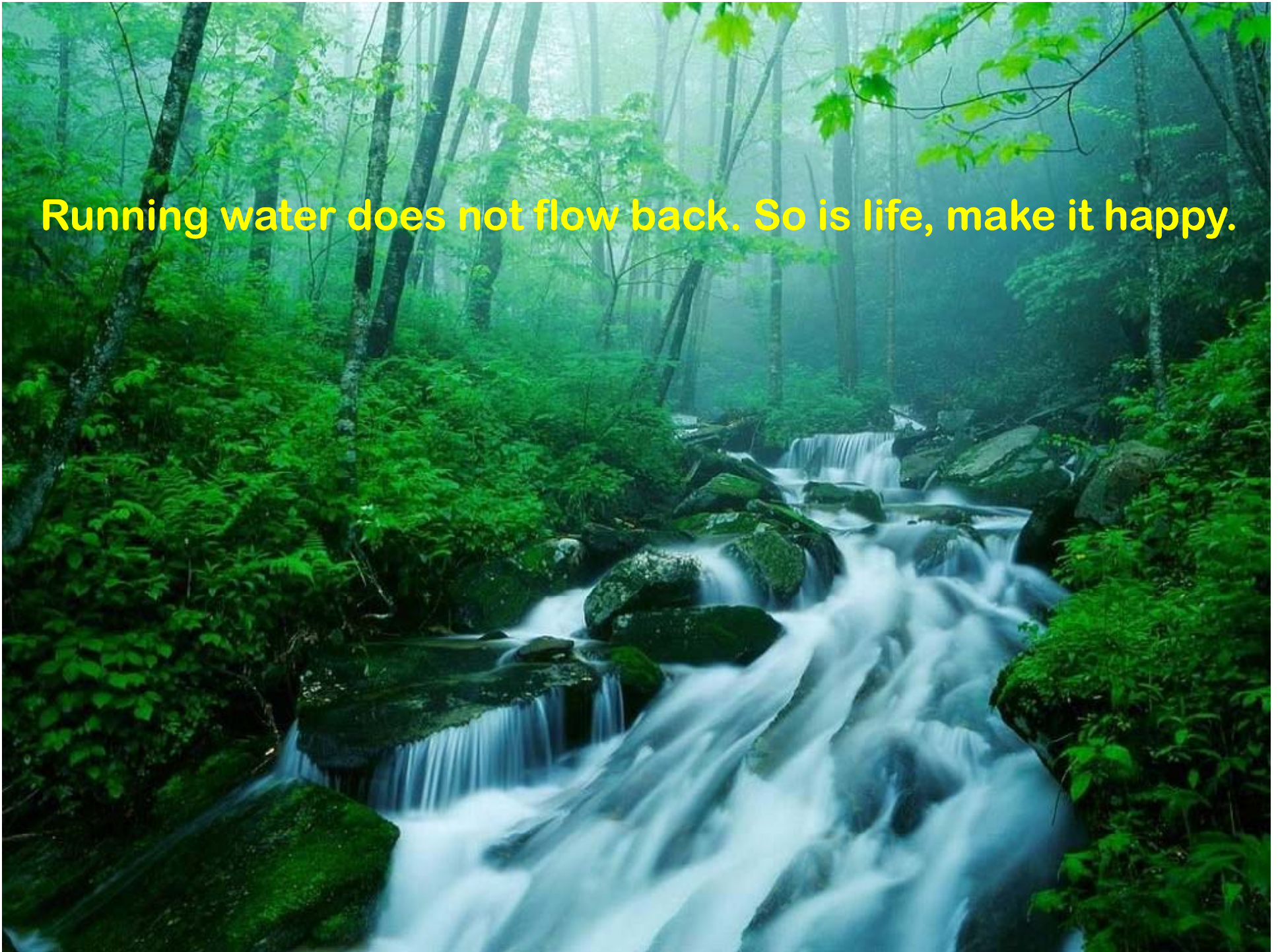
1. Your old body – pay more attention to health, you can only rely on yourself in this
2. Retirement funds – money that you have earned, it is best to keep them yourself
3. Your old companion – treasure every moment with your other half, one of you will leave first!
4. Your old friends – seize every opportunities to meet up with your friends, such opportunities will become rare as time goes by

Two light pink tulip flowers are shown against a grey background. The flowers are in various stages of bloom, with some petals still tightly closed. Several water droplets are visible on the petals, giving them a fresh, dewy appearance. The stems are green and extend downwards from the flowers.

Things You Must Do Everyday!

Smile, and laugh

Running water does not flow back. So is life, make it happy.



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