

Ask Me About 7.5

Research has shown that people with POSITIVE perceptions of aging **live, on average, 7.5 years longer** than those who don't. And, they . . .

- Experience much higher rates of recovery from illness and injury
- Have better brain performance and improved memory
- Have a greater sense of control over their lives and a greater will to live
- Are more likely to talk to a doctor about health problems, get preventive care such as blood pressure screenings and flu shots, and pursue health promotion programs

**Positive Views on Aging =
7.5 Years Longer Life!**

All research conducted by Becca Levy, PhD,
Yale School of Public Health

https://publichealth.yale.edu/people/becca_levy.profile

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