



# Stay Young Stay Playful

Chess, puzzles,  
mystery solving activities  
that challenge the brain

Fabulous hobbies  
help boost confidence

Social interaction  
builds positive relationship

Reprinting of the article with the source stated is welcomed

If you are interested to know more about the tips  
please call our 24-hour hotline



# 懂得玩

## 讓你更年輕

下棋、砌圖、解謎遊戲可以  
幫你動動腦筋

有趣的愛好有助於增強信心

社交互動建立正向關係