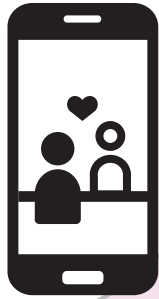


55+ and loving it!

(and that includes SEX)

ONLINE DATING

is becoming more popular among **adults 55+**



DID YOU KNOW?

Many **OLDER ADULTS** are having and enjoying **SEX**. Sex and intimacy, at any age, is good for physical and emotional health.



BENEFITS OF SEX

SEX burns fat and causes the brain to release **endorphins**, natural chemicals that act as painkillers and reduce anxiety.



STUDIES

show that **SEX 3 times a week** can slow aging.

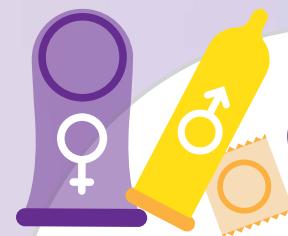
IN MEN, SEX stimulates the release of **growth hormones** and **testosterone**, which strengthen bones and muscles.



PROTECT YOURSELF

AGE does not protect you from a **STBBI** (sexually transmitted and blood borne infection).

STBBIs like **CHLAMYDIA, GONORRHEA** and **Infectious SYPHILIS** are rising in older adults, but most do not think they are at risk.



CONDOM USE

Only **9%** of **SEXUALLY-ACTIVE** adults use a condom. **PROTECT** yourself; always **USE A CONDOM** when engaging in sexual activity with a new or casual partner.

Do you have a **new partner** or have you had sex with **multiple partners**?

Speak to your health care provider and

GET TESTED.



FREE CONDOMS

available at

SEXITSMART.ca