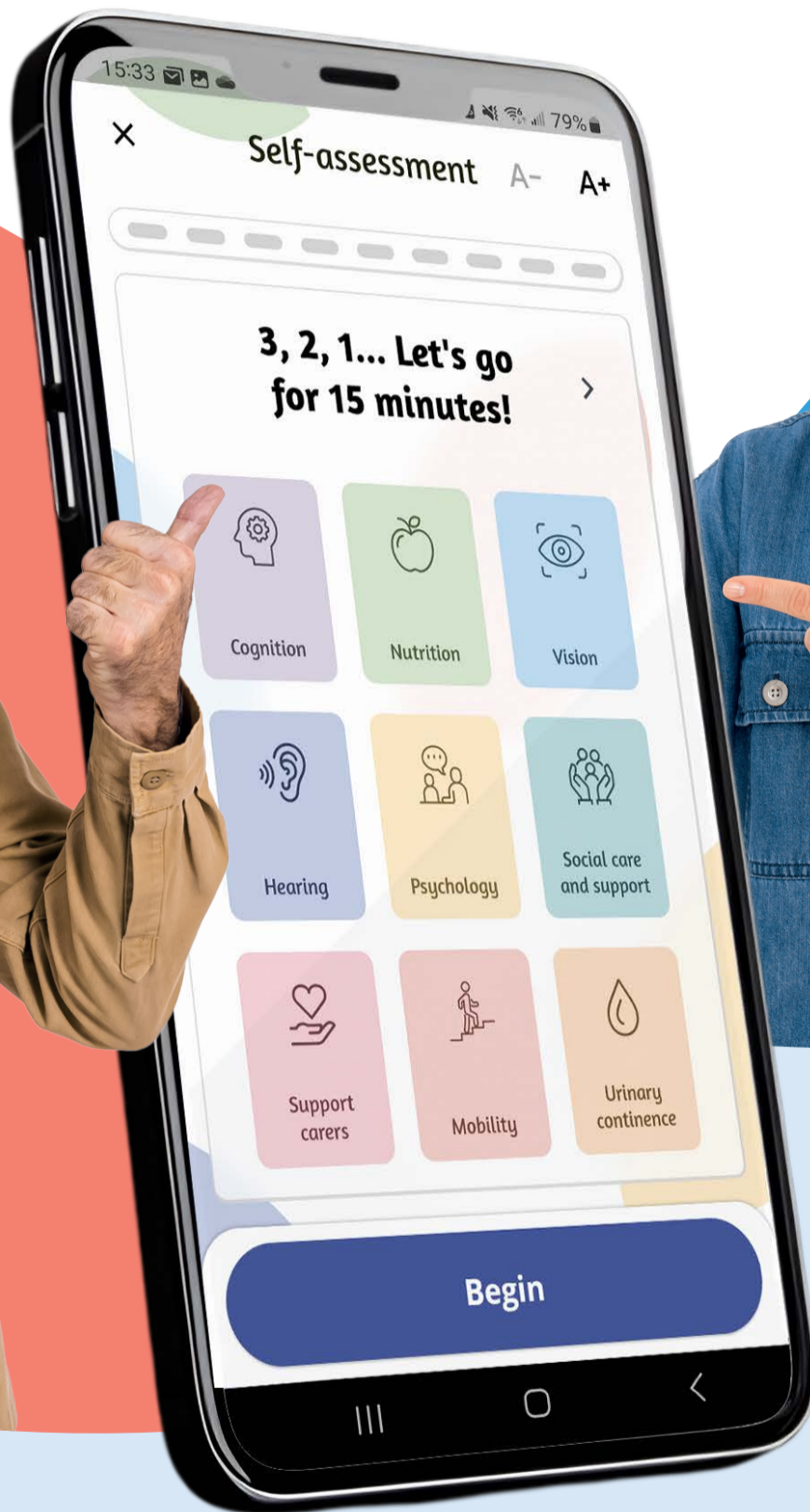


I am 60 and older

I preserve my health with the **ICOPE** program



I assess my abilities

I take a simple test
in **10 minutes**



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