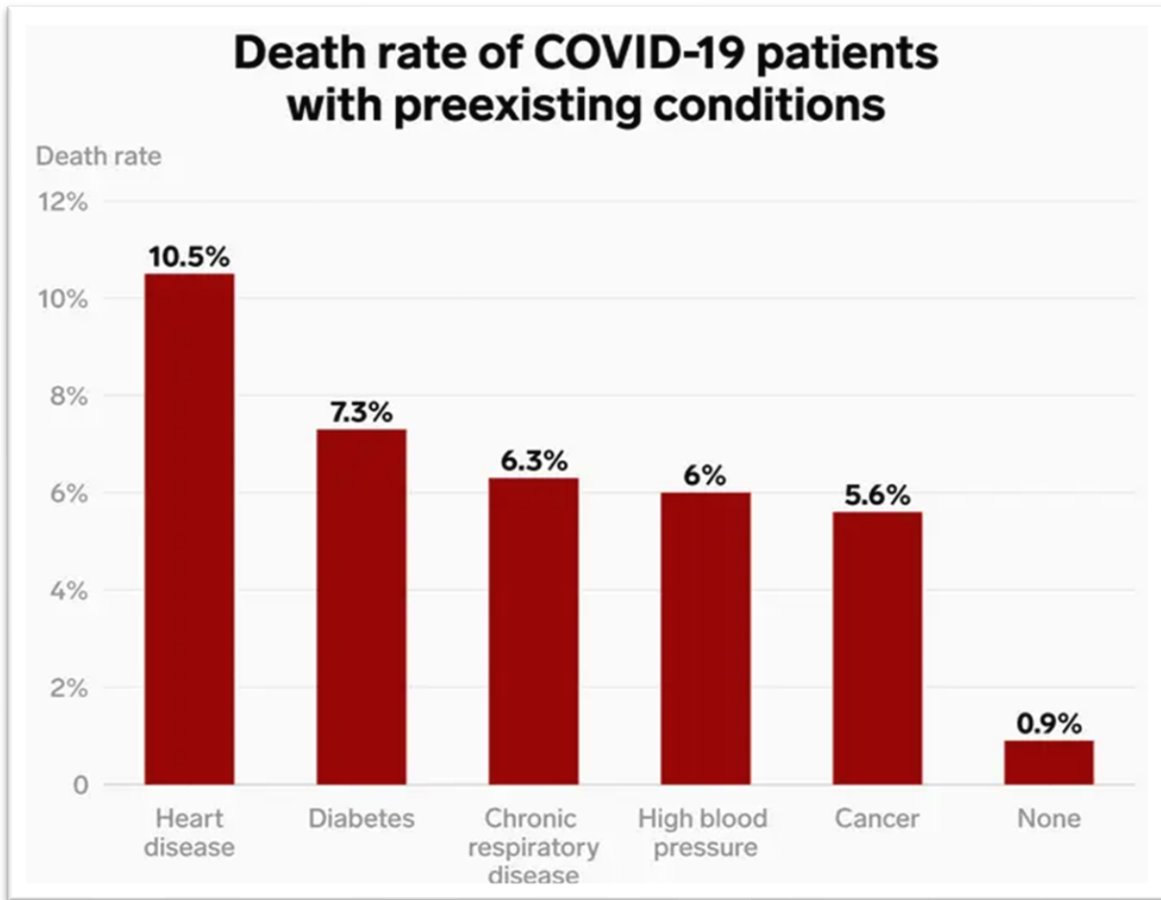


## NATURE'S LIFESTYLE – MORE VALUABLE THAN THE CITY BUZZ



The noted chart is causing many people who are contemplating retirement to seek smaller communities away from the densities of the City, and its BUZZ.

Living with the fresh air of trees—birds—squirrels—deer, while overlooking Lake Windermere, and two Mountain Ranges, while you walk each morning through the 8 kilometers of pathways developed at PINERIDGE MOUNTAIN – *“Become One with Nature”*

***Enjoy the Mountain & Lake VIEWS—While Living with Nature & Health***

Coronavirus Disease 2019 (COVID-19)  
**How to Protect Yourself from COVID-19**  
Older Adults and People with Chronic Medical  
Conditions or Weakened Immune Systems are at risk.

**Who is at increased risk?**

Based on what we know so far, people of any age or health status can develop COVID-19, but three groups are at higher risk for hospitalization or death:

- **Adults in their 60's and over**, who account for most of the reported COVID-19 hospitalizations, intensive care unit (ICU) stays, and deaths in Canada.
- **People of any age with chronic medical conditions**, including: Lung disease, heart disease, high blood pressure, diabetes, kidney disease, liver disease, cerebrovascular disease (e.g., past stroke).
- **People of any age who are immunocompromised**, including those:
  - With an underlying medical condition (e.g., cancer)
  - Taking immune weakening medications (e.g., chemotherapy)

Source: Public Health Ontario

