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# We Care About Older Adults

# KNOW YOUR 4Ms!

The next time you talk to your doctor, ask if they've heard of the 4MS.



The 4Ms is a national program to help older adults:

- Stay as well as possible
- Help choose the care they prefer

We are part of a network across the country focused on creating an Age-Friendly Health System. A federal grant helps support this work to take great care of **YOU**.

More details can be found on our website: [sites.une.edu/gwep/](https://sites.une.edu/gwep/)  
OR follow us on Facebook: **Aging ME GWEP**

