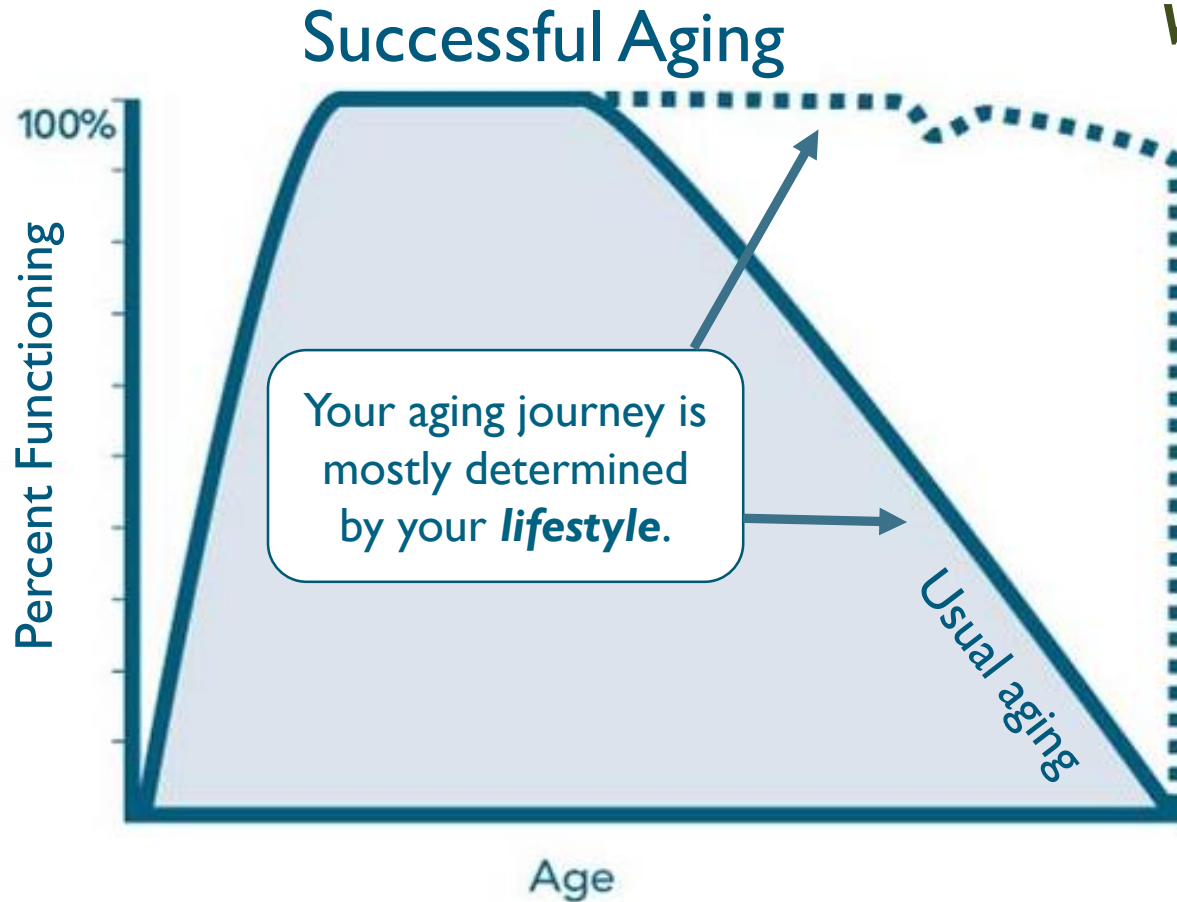




Your Aging Journey



What does research show us we need to age successfully?

- ✓ A **physically active and mentally stimulating** lifestyle
- ✓ Strong **social engagement**
- ✓ **Purpose and meaning** in your life
- ✓ **Environments** that support this lifestyle

Which path will YOU take? It's up to you!