

Adapting to life like a pro at 60+

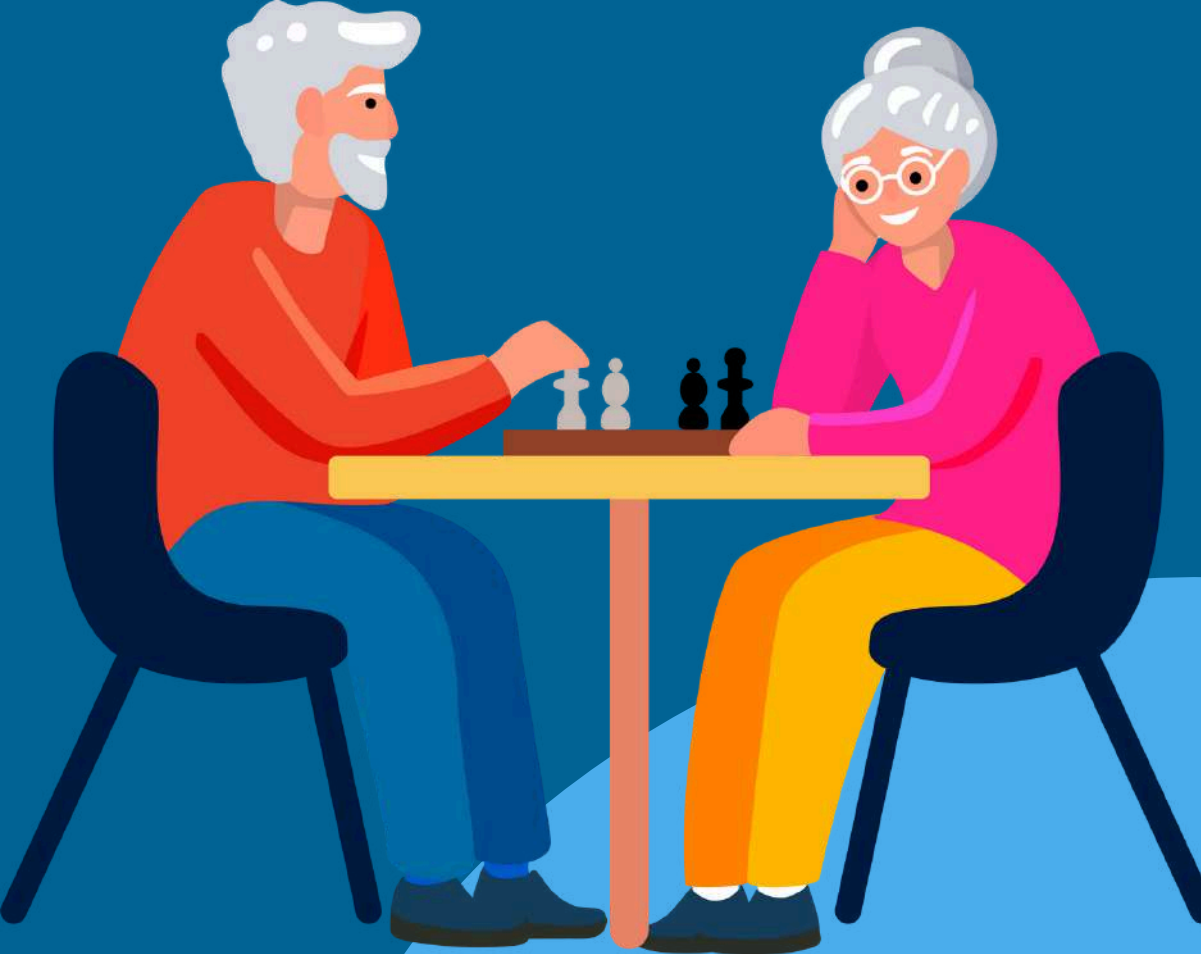


**Laughter & a sense of humour
can get you through tough
times. Look outside yourself and
laugh at the absurdities of life.**



Loneliness is no friend. Meet your neighbours, **reconnect** with your childhood friends, or **learn** a new skill.





Challenge your mind with puzzles, hobbies, to keep your brain sharp, curious & engaged. Protect yourself from cognitive decline or memory problems.

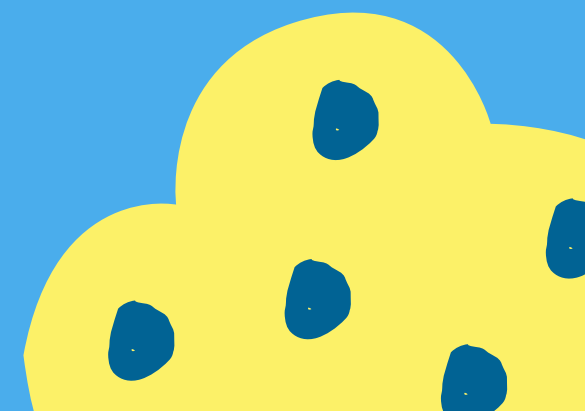


Move your body, even if it's just a wiggle. A little movement goes a long way! Shake a leg to your favourite song, go for a short walk, or join a yoga class.





Gratitude is your best friend and will keep you psychologically healthy and positive. Start a journal and **reflect on small wins** - like nailing that crossword puzzle.



**Think of diet plans, routines,
sound sleep and regular health
check-ups as part of your
journey rather than a
destination.**



Wellbeing can help your company age gracefully.



Counsellors



Doctors



Dietitians



Financial advisors



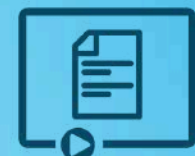
Yoga



Dance



Art



Articles & videos



POSH training



Manager sessions



Pharmacy



Lab tests



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