



# Stay connected with others

**Stay active during retirement to avoid isolation**



# Retirement

## A Step to Plan

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**Create a stimulating schedule to avoid the risk of isolation.**

- Create a pleasant life routine
- Stay in touch with others





# Retirement

## Resources to discover

Take time to think of your interests, your dreams, your aspirations before jumping into new activities.

Find out about activities within your reach!







# To find out more...

## Visit our website

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