

What matters to you?

Ageing well looks different for everyone. What matters to you can continue to grow, no matter your age. Write one thing you enjoy now that you'd like to keep doing as you age.

For example, *"I want to keep trying new things to challenge my brain" or "I want to keep making things with my hands."*

Cut out your shape and add it to your workplace's healthy ageing display.

One thing I want to keep doing as I get older:

