



## Trusted Guidance for Aging Adults and Families

**“Sweet Sixty-Six”** I recently had lunch with a Pickleball enthusiast who happily declared “I love being sixty-six years old. I want to be sixty-six forever.” Her comment stuck with me. Is sixty-six the boomers’ new “Sweet Sixteen?”



Jennifer Moir  
Owner



Photo courtesy of Patrick Giardino

## SAVE THE DATE!

**The Fifth Annual Seniors’ Celebration returns  
Friday June 10th, 2016 at the Nepean Sportsplex**  
Mark your calendars and stay tuned for updates!

[Get the details »](#)

### Exercise and Freedom

We’ve all been told regular physical exercise can lower the risk of heart disease, diabetes, or prevent a life changing fall. It can help manage weight, improve sleep, and gives us more energy to do things we enjoy. All good reasons to get active.

**But here is an even more compelling reason to get moving.**



Think about exercise as a path to FREEDOM. Freedom to continue to go, to do, and to live well regardless of age. Thank you Jonathan at Fitness for Freedom for making the link.

**It’s coming back!** The 8-week program **60+ and Aging Well** returns to the Nepean...

[Get the details »](#)

### Rightsize to thrive

One of the biggest questions people face as they age is where to live.

- Should I stay in my home or downsize?**
- Should I consider a retirement residence?**
- What are the benefits of staying or moving?**
- What will it cost?**
- How will I get there?**

Age Well Solutions’ expert guidance can help you answer these questions and make the right choices. If you do decide to move, we can even help you through the whole process of downsizing and moving to your new home.

[Find out More »](#)

[Read the Eight benefits of downsizing »](#)

[Read what our clients are saying »](#)

### Solutions start with conversations

- Senior relocation and downsizing
- Care navigation and advocacy
- Health promotion and planning

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