



NESTORE

Ageing can be a challenging process and a bewildering period of one's life, especially around retirement. Yet remaining active and socially included are key to stay physically and emotionally well-rounded.

Older adults, technologists, sociologists and healthcare professionals are teaming up to develop a companion that will propose **personalised advices** and **supported decision-making** to our older selves so we can **live longer independently**.



Get on board:
www.nestore-coach.eu



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AGEING WELL WITH A COMPANION

When we wish to find
a new balance in our life



NESTORE *is here.*