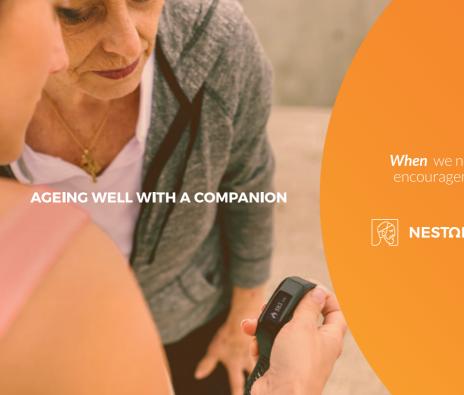


Ageing can be a challenging process and a bewildering period of one's life, especially around retirement. Yet remaining active and socially included are key to stay physically and emotionally well-rounded.

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.** 







When we need a little

**NESTORE** is here.