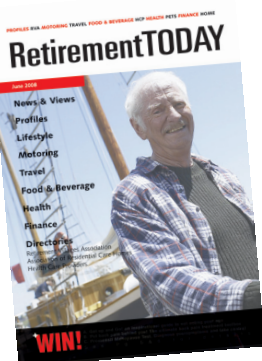
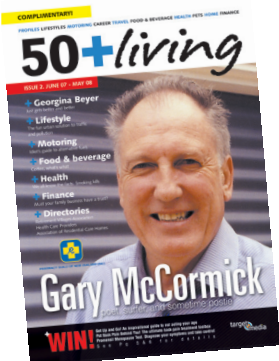


RetirementTODAY

Living well and ageing gracefully in a modern society



Since the release of our publication 50+living we have realised there is a need for a more targeted approach to this generation and its' changing society. **RetirementTODAY** is a quality free publication which will receive continuous promotion nationwide and is targeted directly at the 70 and beyond age group.

CIRCULATION
40000
NATIONWIDE

DISTRIBUTION NETWORK

- Retirement Villages Association
- Association of Residential Care Homes
- Health Care Providers
- Citizens Advice Bureaus
- Pharmacies
- Medical Centres
- Libraries
- Grey Power Federation

ALSO INCLUDES FULL COMPREHENSIVE DIRECTORY LISTINGS



CONTENT

HEALTH AND WELLBEING

People are living longer and benefit from regular medical checkups. RetirementTODAY researches ways to engage older individuals and move beyond the stereotype of senior citizens.

MENTAL STIMULATION AFTER THE WORKFORCE

RetirementTODAY looks at the options available to life-long learners, volunteering as a high school mentor or taking classes at the local college, crossword puzzles, word games, internet groups and book clubs along with learning to use a computer for the first time.

FOOD AND BEVERAGE

Eat whole foods and good sources of lean protein, take vitamins and supplements regularly, there are so many theories and so much advice. RetirementTODAY delves into the truth behind what's good and what's not.

AROUND THE HOME

RetirementTODAY looks at the options available for living in a comfortable environment. In the bedroom, the kitchen, the bathroom and the lounge.

FINANCE

What are the options available to this age group. RetirementTODAY investigates reverse mortgages, spending your savings, or your children's and grandchildren's inheritance. We have expert advice on creating the right will for you and your family.

MOTORING, TRAVEL, INSURANCE, FAMILY LIFE and much much more.....

ADVERTISING ENQUIRIES

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