



*Dear Participant,*

*Congratulations on taking your first step towards positive ageing! As we enter our third age, it is important to maintain a positive mindset to achieve overall well-being. After all, life is about cherishing each moment and living it to the fullest.*

*If you are wondering how you can improve your well-being, you can begin by using the C3A Positive Ageing Toolkit. It is a simple toolkit to help kickstart, boost and chart the progress of your wellness levels over time.*

*Enjoy your third age journey and have fun!*

From the C3A Team