



# 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](http://www.nestore-coach.eu)



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**AGEING WELL WITH A COMPANION**

**When** we are wondering  
what to cook good for dinner



**NESTOR** *is here.*