



AGING. LONGEVITY. HEALTH PROBLEMS. HEALTH CRISIS. ARE YOU FINANCIALLY AND EMOTIONALLY PREPARED?



If looking at these major issues generates anxiety and uncertainty, you are not alone. Many of us find these topics difficult to think about, let alone talk about and plan around. But considering these issues is an opportunity. You can protect your wellbeing, building your bridge to a meaningful future where you thrive. And it helps you avoid The Bridge to No-Why Trap.

That's why we invite you to do two things:

1. Watch Neela's presentation: Understanding Care in Canada. This is most timely for people in their retirement years, approaching retirement, and members of the sandwich generation. Feel free to share this invitation with those you care about who may benefit from it.
 - a. Neela White not only brings her professional experience to help raise our awareness around these issues, but she shares her first-hand experience. When presented with trying health circumstances, how do we bridge the gaps? Neela's hard-won wisdom shines a light on keys of preparedness for everyone.
 - b. LINK to the recording (Passcode: v+2y6Ats)
https://raymondjames.zoom.us/rec/share/jj2ptChtdiNl7GBo3ac1YwrbmS-NSQ8NO6qKY_hfNkqKl8geOi64hKvl3DERzO7m.r443h9YhcL18Vded?startTime=1697147996000
2. Now what? Take actions to protect your quality of life.
 - a. Think about what you really want, expect and need - especially in terms of future care needs.
 - b. Request Bridge Building School resources from us:
 - i. Bridge Building School Care Package:
 1. "The Top 10 Tips for Building Your Bridge to The Future You Really Want".
 2. Care Plan Workbook with advance care planning activities for individuals and caregivers. Get past the emotional reluctance and on to building a future based on your wants and needs.
 - ii. Questions? Let's have a conversation about how our Bridge Building Process can help you. Contact us to arrange a conversation.

<https://www.raymondjames.ca/bradantoniuk/the-bridge-building-program>