

# 2025 NATIONAL INTEGRATED SPECIAL REPORT – DIGITAL AND NEWSPAPER

# **Life & Health & Financial Security**

INTEGRATED CONTENT FEATURES: Turnkey solutions in which participating advertisers can be mentioned or quoted in at least one story.

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### Healthy aging



National Seniors Day – celebrating older adults and their contributions to society

QBA WITH ALYSIA BREEFLEY Execution Director of the Pretional Incitation Appenig (DA)	ter an one or control part and the terth in flowerful examing, health and social self-lessing. Our still private result that office width for a sturbler of operations flowerful part of other branch is resulted to the self-less of the self-lessing the self-lessing and lessing the self-lessing that will be a self-lessing the self-lessing that will be a self-lessing than the self-lessing that will be a self-lessing that w	to access feeth care sentines, and go per cert were entitle to access frome-care services when they readed them. Social solution and timelines are also felting a felt, with at per cent of either Careaties of this of sectal socialism, and of sectal socialism, and of sectal socialism, and of sectal socialism, and of sectal socialism.	to place in comments in that remites projects to per cent this can present cides with from I/IIy participating in one commenders. Existing ago are requires adduction, evidencing report office for the project detailing, and emailing policies and legislation four project the former.	and consequent research to such the such them, of sides adults. We work across or policies and them and the such across of the
Why are the health and inclusion of either Canadians as important to mental and and eath being? Canadia a naturally undergoing a control of the control of the canadian	Question and investment into programs and sensing, which are committy or not benefit upon with meal, such as forms and community sensors, presentation leads solice vertices, income supports, and distributed and	experienced lene/ness, Older adults safet are recorde insertion, which do not have shallow, who report poor health, or do not her independently in their search territorial and store Mark to assessment and industrial hards to assessment and industrial	oghts of older adults.  What is the NAV approach to supporting older adults?  Our masser—to improve the lives.	for extrement springs retricted and marginums in programs to appoint aging Canadians.  What would you like Canadians to reflect on the Malland Conices that?
One in this people in Canada are aged to use an old other by the most acquaint for the most acquaint for the most acquaint for making Canada a "some aged."	a resolve housing options.  What is the financial altestion of older Canadians, and have can if the	and lovelines. The most important way to tablic bordiness is to address its not cause. It is office that all lovels of government invest more to	of older adults and the systems that expensive and offers advantage policy pulsy and offers advantage. Although older adults are a regolicum proportion of Canada's propolators.	Fo create a Canada where older adults fool valued, included, supported and before proposed to also with confidence, we receive shift attitudes
spice." When older adults remain in good health and integrated in their communities, they can contribute in	Order adults are changing to make and ment as per cert and that their	inproximone south, history afterdability, and health and well-way	their result can be overlooked - and they are often explosization that analysis related process because of	towards aging. Nadificing runshoss topically frame aging as a funder, but the last fluit Canadians are now hims
returnable ways, such as first-ph exhantering, providing-child care, meetawitip and community develop-	income is not enough. Only one final of older abilits currently working say frey can afford to retire at their de-	How do Canadians experience ageism, and how can this tasce be addressed?	agent attitudes, that good public policy is grounded in the volces of those affected by if	20 years larger on average fluor they were too years ago to something to safeboots.

The foundation of a secure and fulfilling life rests on the ability to maintain health, protect finances, and prepare for the unexpected. Canadians are increasingly seeking innovative strategies to safeguard their futures and enhance their quality of life. This special feature explores the tools, advice, and resources that enable individuals and families to navigate challenges with confidence and resilience.

### Proposed topic highlights:

**Innovative Solutions:** Highlighting advancements in tools and programs that help Canadians achieve financial and personal security.

**Retirement Preparedness:** Unpacking strategies to build financial security for retirement through savings plans, pensions, and investments.

**Wellness and Preventative Care:** Exploring programs that promote proactive health management and reduce long-term risks.

**Navigating Life's Transitions:** Providing guidance for managing pivotal life changes—such as career shifts, family planning, and caregiving—through robust planning.

**Building Resilience:** Showcasing resources that empower individuals and families to adapt to challenges and thrive.

#### **GET INVOLVED TODAY. CONTACT:**

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Standard Booking Deadline	Material Deadline	Publishing Date	Sponsor Content Booking Deadline
April 28	June 2	June 9	April 28
August 4	September 22	September 29	August 4