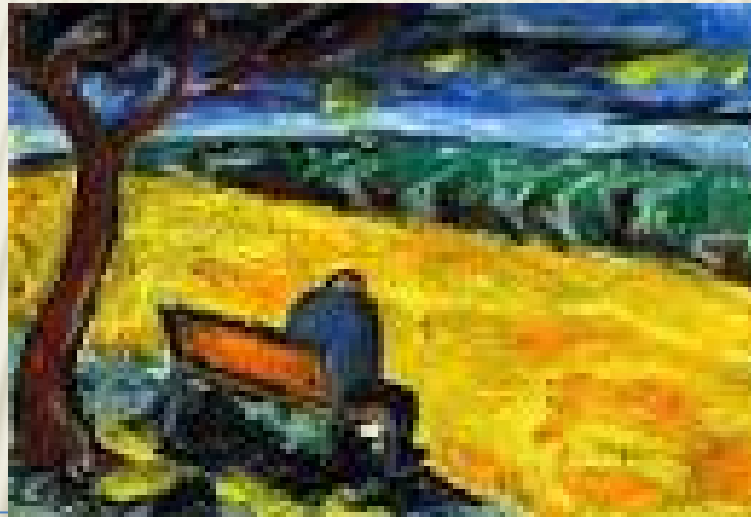


All my life dedicated to
my job !

And now what can I do?



YOU CAN USE YOUR FREE TIME IN A USEFUL WAY :



- Do voluntary work in hospitals
- Do lessons for children
- Do charity

Helping other people will make you feel better





Dancing



Pet
therapy



Fishing or
other
hobbies

Can also help you

Playful activities

To keep in fit and keep your brain young....





and staying with friends
is the best way to spend
your time



Thank you for your attention