

What makes you feel strong and connected?



Get your copy of LiveUp's Everyday tools to help Mob Guide to help make everyday tasks easier.

These simple tools could be a helping hand to do the things you need or love to do. There are different tools that can be used in the kitchen, bedroom, living area, and outdoors.

Share this guide with your community to keep your spirit strong as you age.



Scan the QR code to download your copy of the guide.