

## The Four Keys to Longevity

According to Statistics Canada, approximately 15% of Canada's population is at least 65 years old. The average life expectancy has increased significantly since 1970 thanks to improved technology and medical advancements.

BMO Wealth Institute's recently published report "[Living to 100: The Four Keys to Longevity](#)" identifies four factors that impact longevity;

- 1) Mind
- 2) Body
- 3) Social
- 4) Financial

Each factor is critical, and this extensive report identifies strategies that can be implemented to enhance the overall quality of life during retirement.

Sincerely,



[The Ferrie Wealth Management Group](#)

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