How It Is Important to Take Up Work Even After Retirement – Aug 18 Age 70

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By dinesh | August 22, 2025



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Work after retirement need not be stressful. It can be flexible, creative, and deeply fulfilling. Preparing handmade gifts, organizing workshops, or mentoring young artisans keeps me active and socially connected.

Remaining productive improves mood, maintains cognitive health, and reduces feelings of loneliness. It also teaches younger family members about responsibility and creativity. Purposeful work is essential for healthy aging.

Engaging in meaningful activity has made me more energetic, confident, and happy. I encourage

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