



## Looking for information to make the most of your senior years?

 go to [superseniors.msd.govt.nz](https://superseniors.msd.govt.nz)

The SuperSeniors website is a gateway where you can find information that is useful and relevant to you.

**Visit SuperSeniors to find out how you can be:**  
independent – respected – healthy – connected – informed



Office for Senior Citizens  
Te Tari Kaumātua

Administered by the Ministry of Social Development

New Zealand Government