

# INTERVIEWS AND OBSERVATIONS

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## HEALTH AND WELLNESS

After conducting interviews with seniors in Guangdong Province, China and local Hong Kong residents, we came to understand that a hallmark of these seniors' lifestyles were their **need to sustain their health and wellness and taking proactive measures.**



## WET MARKET SHOPPING

The wet market is a public, open air market where fresh, local produce is brought in daily. **Seniors often went daily for the freshest produce and sometimes buying nothing at all, attending just as social activity to see familiar faces.**