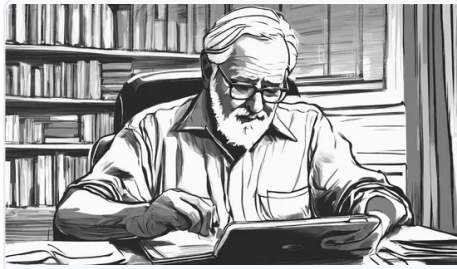




01

- ≡ An old man is shown sitting alone in his empty living room, looking out of the window with a sad expression on his face.



02

- ≡ One day, while browsing on his smartphone, the old man comes across an app called "WellNest" that promises to improve both his physical and mental health.



03

- ≡ The old man decides to give the app a try and downloads it onto his phone.





04

- ≡ The old man begins using the app daily, following the guided meditation sessions and doing light exercises as suggested.



05

- ≡ As days go by, the old man starts to feel more energetic and positive, thanks to the app's daily reminders and motivational messages.



06

- ≡ He also starts to connect with other app users who share similar struggles, giving him a sense of community and companionship.





07

☰ The old man's physical health also improves as he follows the workout routines recommended by the app, making him feel stronger and more capable.



08

☰ In the final scene, the old man is shown smiling contently as he continues his journey towards better physical and mental well-being, grateful for the app that has brought light back into his life.

