

Take Control of Your Health and Wellbeing



By the age of 60, many people experience one or more long-term health conditions. While this can be challenging, the good news is that you have the power to improve how you feel and function in the future.

What is Live Longer Better?

This free online programme is designed for individuals living with multiple health conditions. Delivered in 10 flexible parts, it helps you:

- Understand the changes that come with ageing
- Gain practical tools to unlock your full potential

You'll join a small, supportive group led by a coach and complete the programme at your own pace, wherever and whenever it suits you.



**SCAN TO
SIGN UP**

Don't just take our word for it; join others in your community who are seeing significant benefits from participating in Live Longer Better.

"I am so grateful. I really have found this course a real eye-opener. I've only now realised I've probably got another good 10-15 years at least, so I'm out more, doing new classes. First thing in the morning, before hubby gets up, I do my exercises and sort my food for the day. I've lost half a stone and am very much fitter and healthier for it."

To access the programme, scan the QR code, speak to your GP or care coordinator, or email us at info@livelongerbetter.uk.

LIVE LONGER BETTER

 **Learning with experts**