

Aged over 65? Take Part in a New Falls Prevention Programme

Growing older doesn't have to mean slowing down!

Age NI is looking for participants for an exciting new project aimed at supporting older people to live well for longer, by staying strong and preventing falls.

Want to Move More to Live More?

Whether you have never had a fall and would simply like to learn more about staying strong, or you have experienced a fall and lost confidence, **Move More Live More is for YOU.**

Two Week Online Programme

Access information and join an online group to discover how to improve your health and **prevent falls.**

This programme is offered **FREE** to anyone aged over 65. We are now taking registrations for upcoming sessions.

Through tailored programmes to meet your needs, Move More Live More will support you to:

- **Improve strength and balance**
- **Boost confidence and motivation**
- **Increase knowledge to reduce risk of falls**
- **Move More to Live More**

APPLY ONLINE NOW:

Scan the QR code (below) with the camera on your smart phone, or visit:

www.ageni.org/movemorelivemore

Or email move-more@ageni.org for more information.



Join now!