LIVE WELL
AGE WELL

It starts with the choices we make today, for lifelong wellbeing.



None of us want to stop doing the things that make us happy. Whether it is walking the dog, spending time in the garden, meeting friends, volunteering, looking after family, getting out into the community or simply keeping up with everyday routines, the things we enjoy can make a big difference to our health and wellbeing.

Five ways to age well:

- ✅ Stay active, strong and steady
- ✅ Stay connected
- ✅ Eat and drink well
- ✅ Look after your mental wellbeing
- ✅ Ask for support early

SCAN HERE!

Scan the QR code or visit the website below for local support, activities and advice.

Integrated Care System
Shropshire, Telford and Wrekin

Visit: STWlivewellagewell.co.uk

Support to help you

LIVE WELL and AGE WELL

There is already a wide range of support available across Shropshire, Telford and Wrekin.

Whether you're looking for activities, social groups, practical advice, carers support or help managing a health condition, local services are available to help.

Find information and support for:

- Eating well and making healthy lifestyle choices
- Staying active, strong and independent
- Staying connected and getting involved in your community
- Support for mental wellbeing and loneliness
- Practical help to stay independent
- Living well with long-term conditions
- Helping to care for someone
- Preparing for retirement and staying well at work
- If your not coping or need urgent help



This campaign was produced in collaboration with NHS, local authorities, and voluntary, community and social enterprise (VCSE) partners across Shropshire, Telford and Wrekin.

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