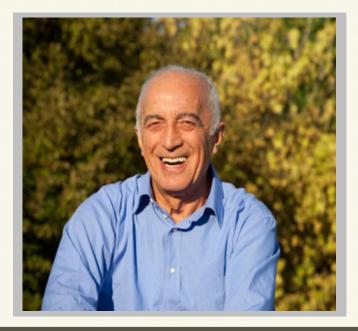
## LIFESTYLE MATTERS

For health and wellbeing in later life

## Are you 65 years or over? Or do you know someone who is?

## Would you like to keep well and happy?

The Universities of Sheffield and Bangor are carrying out a study to find out whether a programme called Lifestyle Matters can help people aged 65 years and over maintain a healthy, happy and fulfilling later life.





## To find out more:

Please contact us at the following

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