

Are you aged 65 or over?

Are you worried about getting older?

We are running a five-week programme to help you improve and maintain good health to help you live well for longer.

 Medwyn Surgery, RH4 1SD

 18th March- 15th April 2026 10am-12:30pm

You will receive advice and practical support from a range of healthcare professionals about how you can stay in control of your future health and wellbeing.



We will also provide information on how to access local groups that could support your wellbeing as you age.

If you are interested in attending, please email dohel.livewell.dhc@nhs.net or call 01306 733536.

Call on 01306 733536

Or visit our website:

www.dhcclinical.co.uk

or email on:

dohel.livewell.dhc@nhs.net



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