

Seniors Lifestyle Victoria



**Stay active.
Stay strong.
Stay connected.**

Seniors Lifestyle Victoria offers free support for people aged 65+ or 50+ for Aboriginal and Torres Strait Islander people, who are experiencing mild to moderate changes in health and would like support to improve their health and wellbeing.

If you would like support with:

- **physical activity and nutrition**
- **medication management**
- **social connection and wellbeing**

For more information

For more information on the Seniors Lifestyle Victoria program and how you can get involved, talk to your GP or trusted health professional, or visit the Better Health Channel.



www.betterhealth.vic.gov.au/seniors-lifestyle-victoria

To receive this document in another format email Community and Public Health <pph.communications@health.vic.gov.au>

Authorised and published by the Victorian Government, 1 Treasury Place, Melbourne.
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Seniors Lifestyle Victoria is a joint initiative between the Commonwealth and Victorian Governments as part of the Strengthening Medicare Supporting Older Australians initiative.



Australian Government
**Department of Health,
Disability and Ageing**

