

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

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

