

# Seniors Lifestyle Victoria



 Stay active.

Stay strong.

Stay connected.

Seniors Lifestyle Victoria is a free program delivered by selected community health services in metropolitan and regional Victoria.



## What is Seniors Lifestyle Victoria?

The program offers a range of services to support participants to stay independent and well.

This might include support services focused on:

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

The program will be available until June 2028.

## Who can participate in the program?

The Seniors Lifestyle Victoria program is for:

- people aged 65 years and older, or 50 years and older for Aboriginal and Torres Strait Islander people
- people living in the community (not in aged care)
- people with mild to moderate changes in health who would like support to improve their health and wellbeing.

## How can the program support you?

It's not a one-size-fits-all program; a coordinator will work with you to develop a personalised plan, with local services tailored to meet your individual needs and goals.

## 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



Scan to find out more

[www.betterhealth.vic.gov.au/seniors-lifestyle-victoria](http://www.betterhealth.vic.gov.au/seniors-lifestyle-victoria)

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