



“It’s given me more confidence to try new things.”

2020

Every Tuesday from 12.30pm and it’s free!

# live well, live long

pathways to change

**2020 PROGRAM DATES**  
**25 February - 19 May**  
**26 May - 11 August**  
**18 August - 3 November**

There will be no session 14 April (Easter Tuesday)

This Program is an Award Winning partnership between Clarence City Council, the Clarence Integrated Care Centre and the Tasmanian Health Service.



# live well, live long

2020

**Free** 12-week program of activities and information held at the **Clarence Integrated Care Centre (ICC)**, 16-22 Bayfield Street, Rosny Park.

To find out more,  
contact the ICC:  
**6166 2350**

**HEALTHY LIFESTYLE**

Enjoy your health

**BE ACTIVE**

Move, don't fall for it

"An amazing program, I learnt so much!"

**YOUR MEDICATIONS**

Keeping track of your meds

**SIGHT & SOUND**

Getting it clear

**HEALTHY FEET**

Foot health, footwear, falls

**HAPPY BODY**

Is everything fine-tuned?

**EAT FOR LIFE**

Food for active ageing

**LOOKING AFTER YOUR SKELETON**

Understanding bone and joint health

**STAYING INDEPENDENT**

Things that help

**LET'S RELAX**

Massage, mind and body health

**BEING RESILIENT**

Mind your mind

**GET GOING**

Resources and community contacts

"I made some great friendships!"