



# HEALTHY HABITS

A long term peer-to-peer support network for those with a common goal to have healthier habits

For people age 55+ who wish to improve their diet, increase physical activity, reduce alcohol intake and/or stop smoking

- YEAR-LONG PROGRAMME**
- GENUINE LIFESTYLE CHANGES**
- TASTER SESSIONS**
- WORKSHOPS**
- GUEST SPEAKERS**
- 5 WAYS TO WELLBEING**

