

# STAY AHEAD OF THE CURVE



## Have you noticed any of these changes:-

- Are you walking slower than usual?
- Is your appetite poor?
- Do you have poor balance?
- Are you easily tired?
- Do your muscles feel weak?

As we age it may feel like our bodies are slowing down. Often this is accepted as normal part of the aging process.

However, we can make a difference to how we age, and getting older does not have to mean losing your independence.



## We are here to help.

As Occupational Therapists we understand how to support people to live satisfying and healthy lives as we age.

Come and have a conversation with one of the team to see if we can help support you to live the life which is important to you, a life as independent as possible.



Call 01292 665699

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