LIFESTYLE MATTERS
For health and wellbeing in later life

Are you 65 years or over? 
Or do you know someone who is?

Would you like to keep well and happy?

The Universities of Sheffield and Bangor are carrying out a study to find out whether a programme called Lifestyle Matters can help people aged 65 years and over maintain a healthy, happy and fulfilling later life.

To find out more:
Please contact us at the following

📞: 01248 383050
✉️: c.e.brannan@bangor.ac.uk
c.d.hughes@bangor.ac.uk

✉️: Lifestyle Matters Team
45 College Road
BG35
Freepost
Bangor
LL57 2DG