



If you are looking to improve your health and wellbeing, become more active, reduce stress and feel better in daily life. We invite you to join one of our free Live Longer Better courses.

Whether you're aiming to try new things, create a more balanced lifestyle, or live with purpose, our courses are designed to help you become more active in daily life and support you on your journey to a healthier, happier you.

**Live Longer Better Peer Learning- ONLINE SELF DIRECTED learn at your own pace**

This is a fun and inspiring course where you can explore themes that will help you to stay active, maintain your fitness, relax, eat well, sleep well, think well, socialise more, improve motivation, challenge yourself, try new things, create goals and live with purpose – in a way that fits with your lifestyle and ambitions.

There are 12 short modules that you can access online in your own time (10-15 minutes per module) that will provide you with knowledge and up-to-date research on how to stay fit and active, motivated, mentally active and connected to your community. The course is delivered by an experienced team and you will learn alongside a small group of people like yourself. As part of the course, we will provide you with opportunities to join local events for Active Lives participants.

To access the programme, you will need a computer, tablet device or phone that can stream video via the internet. If you do not have this or do not feel confident to use it, provide the email address of a friend or family member in the next step so they can support you in accessing the programme.

**This course is suitable for those over 50 years of age with 1 long term health condition.**

**To book go to:** <https://www.livelongerbetter.uk/devon-learn.html>

**Live Longer Better - Online coached course 10-part ONLINE learning course guided by your wellbeing coach**

This is a fun and inspiring course where you can explore themes that will help you to stay active, maintain your fitness, relax, eat well, sleep well, think well, socialise more, improve motivation, challenge yourself, try new things, create goals and live with purpose – in a way that fits with your lifestyle and ambitions.

There are 10 short modules that you can access online in your own time (10-20 minutes per module) that will provide you with knowledge and up-to-date research on how to stay fit and active, motivated, mentally active and connected to your community. Each module includes a simple action to help you to adopt the principles in your own life. You will learn alongside a small group of people like yourself and will be guided in each step by a wellbeing coach. As part of the course, we will provide you with opportunities to join local events for Active Lives participants.

To access the programme, you will need a computer, tablet device, or phone that can stream video via the internet. If you do not have this or do not feel confident using it, provide the email address of a friend or family member in the next step so they can support you in accessing the programme.

**This course is for those 50+ with two or more long term health conditions**

**To book go to:** <https://www.livelongerbetter.uk/devon-start.html>

**Live Longer Better – Group Learning IN PERSON group 8-week courses**

**The first course starts week commencing 2<sup>nd</sup> June at the Buckland Community Centre, Newton Abbot**

This is a fun and inspiring course where you can explore themes that will help you to stay active, maintain your fitness, relax, eat well, sleep well, think well, socialise more, improve motivation, challenge yourself, try new things, create goals and live with purpose – in a way that fits with your lifestyle and ambitions.

Modules are delivered by our experienced team in a supportive group environment and as part of the course we will provide you with opportunities to join local events and activity sessions and connect you to local support networks.

The course presents simple and practical steps that we can all use to get our motivation back. It is all about empowerment and choosing goals to move forward positively to support your own health and wellbeing—and an opportunity to focus on yourself and your loved ones. So, if you are able to commit to attending a half day weekly course over 8 weeks, contact:

**To book contact Lorraine Harris – [healthyageing@teigncvs.org.uk](mailto:healthyageing@teigncvs.org.uk) or 07796 039534**

**This course is suitable for those that are over 50 and can commit to ½ day a week for 8 weeks with one or more long term health conditions.**