

LIVE LONGER BETTER

Co-ordinated by Teignbridge Community & Voluntary Services



www.livelongerbetter.uk

LIVE LONGER BETTER

Supporting you to keep active in mind and body
South Devon and Torbay Healthy Ageing Programme

Free courses
to improve your
health and
wellbeing



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Teignbridge Community & Voluntary Services



Looking to feel better, reduce stress, and stay active?

Join one of our free
Live Longer Better
courses designed
to help you live a
healthier, happier life.

- ✓ Try new things
- ✓ Stay active
- ✓ Eat, sleep, and think well
- ✓ Connect with others
- ✓ Feel motivated and confident



Each of our three unique courses offer a fun and inspiring way to explore the key ingredients of healthy living.

Whether you choose to learn at your own pace online, with the guidance of a wellbeing coach, or in a supportive in-person group, you'll discover simple ways to stay active, boost your fitness, relax, eat well, sleep better, think more positively, connect socially, build motivation, try new things, and set achievable goals that fit your life.

1

Online Self-Directed Course

Learn at your own pace, anytime.

- 12 short online modules (10–15 mins each)
- Practical tips, research, and ideas to keep active and healthy
- Suitable for 50+ with one long-term health condition



To sign-up
to this course
scan the QR code

www.livelongerbetter.uk/devon-learn

2

Online Coached Course

Learn with a wellbeing coach in small groups.

- 10 guided online sessions (10–20 mins each)
- Extra support, simple actions to build healthy habits
- Suitable for 50+ with two or more long-term health conditions



To sign-up
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To access our online courses you will need a computer, tablet device, or smartphone that can stream video via the internet.

3

In-Person Group Course

8-week programme, half a day a week.

- Practical tips to keep active and healthy
- Supportive group environment
- Opportunities to join local activities
- Suitable for 50+ who can attend in person with one or more long-term health conditions

To sign-up to this course
please email or call
Lorraine Harris on:
e. healthyageing@teigncvs.org.uk
t. 07796 039534