

# 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:

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