



MOVE MORE

MOVEMENT FOR LIFE

Move More Falls Prevention Programme Spring 2021



It is Free to:
Cornwall & Isles of Scilly
New Course Starting and
we want you to join the
growing iCareiMove
community

Meet the Graduates

THE IMPACT OF MOVE MORE

Older people in Cornwall have already benefitted from Move More.

One graduate from the Autumn 2020 Program from Helston said;

"I look forward to the sessions and I smile for the rest of the day. The movements and exercise help me to cope with my pain and mobility problems when previously nothing else has really helped."

Some are staying on the course to welcome newcomers and grow the community. It is fun.



WHO IS THE PROJECT FOR?

FREE to Cornwall

MOVE MORE AND SIT LESS

Older Cornish residents who may be a little unsteady,

They may have fallen in the past, are afraid of, or are at risk of falling. They may feel less confident.

Starting Spring of 2021 and we are searching for more people to join our online community. Call 0800 0541 118.

All you need is an email, access to the internet and an iPad, tablet or computer. We will help you with the rest.

WORKING IN PARTNERSHIP

The Move More programme is a collaboration with iCareiMove, Cornwall Council Public Health team, AGE UK Cornwall and Chaos TV.

To check if you or someone you know fits the criteria to join the Move More Re-Imagined programme, please call the team at iCareiMove on 0800 0541 118 or Age UK Cornwall on 01872 266383 to register your interest.

If you're not very technical, don't worry, we have volunteers on standby to give you a helping hand.

Who are iCareiMove?

Experts in Ageing

Wellbeing For Life

Founded by Helen Tite in 2007, iCareiMove and her team are experts in physical activity. They specialise in pro ageing including;

- Falls prevention,
- Menopause
- Mindfulness
- Strength & balance
- Chair-based exercise

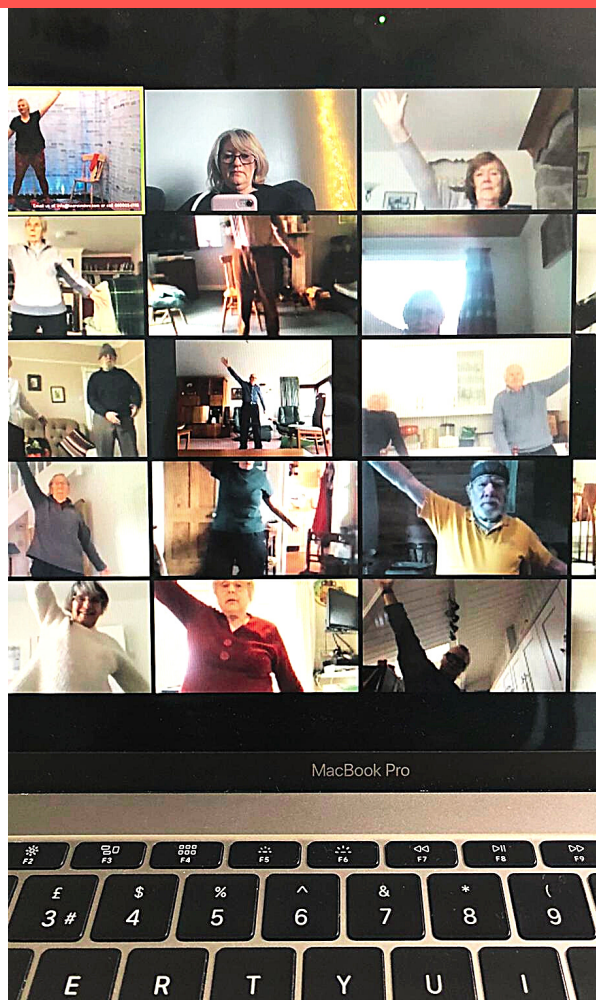
iCareiMove are seen talking about chronic health conditions, pro-ageing and ageing well in the workplace.

START A CONVERSATION

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Excellent class again, I'm getting more confident. Don't tell the commissioners but the stretchy band helps me open the screw top of the wine bottle! A real life saver.