

Moving is Living

For retirement villages and community groups

**Getting older isn't the problem.
Slowing down before you're ready is.**

A friendly, practical presentation that brings the ideas from Moving is Living book to life, with useful steps, good stories and plenty of encouragement.



A warm, positive session designed to get people thinking, talking and moving.



45

minutes



FREE

in selected areas



NO

special equipment



EASY

to organise

Available in selected areas

Free for retirement villages and community groups in key parts of Melbourne, Sydney and Adelaide. Presented by Tristan White and/or an experienced TPC team member.



Would your village or group enjoy this presentation?

Call Jess, email our team or visit the presentation page. We'll make the rest easy.

Call Jess: 1300 797 793

Email Jess

Click here

A practical, positive session residents enjoy

The presentation is designed to be useful on the day and memorable afterwards.

What we'll explore together

- ✓ Why everyday movement matters so much
- ✓ Simple ways to keep walking with confidence
- ✓ How to improve strength, balance and steadiness
- ✓ What helps after a fall, illness or hospital stay
- ✓ Practical ideas people can start using straight away



The book, brought to life

Think of it as Moving is Living with good company, practical examples and time for questions.

Friendly, practical and easy to host.

The format is relaxed and interactive, with useful stories, simple examples and time for questions.



Why organise a Moving is Living presentation?

◆ Practical and immediately useful

Residents leave with simple ideas they can use straight away.

◆ Positive and encouraging

The focus is on what people can do and what is possible in their 70s, 80s and beyond.

◆ Good for connection

It creates useful conversation about walking, confidence, independence and staying involved.

◆ Easy to organise

It runs for approximately 45 minutes and requires no special equipment.

We make promotion easy. We provide newsletter copy, a resident flyer and a sign-up sheet.



Presented by people who understand older Australians

Since 2004, Tristan White and The Physio Co team have helped thousands of older Australians stay mobile, safe and happy.

1300 797 793

thephysico.com.au/presentation