

Plain English



Welcome to the *upside* of ageing

liveup.org.au



LiveUp is a website with information on how to keep healthy as you get older.

It is free and easy to use.

It has tools to help you with things you like doing.
It also has ideas about new things you can try.

LiveUp has a quiz with free advice,
local activities and assistive products.

**Only 25% of ageing is to do with genetics.
The other 75% is to do with choices we make.**

LiveUp can help you to stay independent.

SCAN ME TO FIND OUT MORE



1800 951 971



support@liveup.org.au



LiveUpAus

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