



Warning: Age Concern – Diamond Lives

Background

If you are over 50, living in Halton and need a free helping hand to a healthier lifestyle then Diamond Lives co-ordinated by Age Concern Mid Mersey is there to support you.

An advisor can plan a lifestyle programme for individuals and community groups designed to help increase mobility, reduce the risk of falls, control weight, and increase the opportunity to socialise.

A small change can bring health benefits and may change your life.

Further information

For further information call the Widnes Office on 0151 495 5450 or Runcorn Office on 01928 575400 or email enquiries@acmm.org.uk

For general consumer information contact Trading Standards on 08454 04 05 06 or visit www.consumerdirect.gov.uk

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