



LIVE LONGER BETTER TRAINING

Wesport are working with Professor Sir Muir Gray to provide free access to ground-breaking training for those who work with and support older adults.



The [Live Longer Better](#) training encourages a cultural change in the way we think and speak about ageing. To focus on enablement and what people can regain or change to maintain independence and to demonstrate how anyone over the age of 60 should be making active changes to their lifestyle to live, longer, better.

“ *The content is informative and easy to follow and it has made a difference in my thought process.* ”

Training is organised in 12 online, self-guided videos covering themes such as physical and mental activity and understanding ageing. It's pitched in two self-guided versions for older adults and practitioners. You can find an introduction to the course [here](#).

If you are interested in accessing this course as an individual or with a group from your organisation, please contact sarah.casselden@wesport.org.uk.