



Health & Independent  
Living Support

Support  
at Home



## Active Ageing Exercise at Home

**Would you like support with becoming more active and mobile?**

HILS' **free** Active Ageing service is available for anyone over 65 living in Hertfordshire.

**Active Ageing provides up to 8 weeks of tailored one to one exercise support in your home for one hour each week.** Instructors will come to your home and show you safe exercises to suit your ability and personal goals.

### **How can I sign up?**

You can refer yourself or someone you know by visiting our website: **[www.hils-uk.org/support-at-home/exercise-at-home](http://www.hils-uk.org/support-at-home/exercise-at-home)**, by calling **0330 2000 103**, or by scanning this QR code to download our referral form.



**[www.hils-uk.org](http://www.hils-uk.org)**

**0330 2000 103**