

move together

Buckinghamshire

**A FREE personalised
programme to help you
move more with confidence.**

Move Together Buckinghamshire supports adults aged 50+ who are living with a long-term health condition to build more movement into everyday life.



1-to-1 support

Our specialists get to know you and what 'moving more' looks like for you.



At your own pace

Support tailored to your needs, goals and confidence.



Ongoing check-ins

Regular contact to help you keep going and build lasting habits.

Start your journey today!

For more information, ask your GP, healthcare professional or visit our website to self refer

Email: mtb@aitc.org.uk, **Phone:** 07949455241

www.activeinthecommunity.org.uk/referral-pathway-bucks/



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