

- All the way through the 'Ageing' maintain a well-balanced diet, social activity in the older age facilitate self-management and
- For all topics we will be looking applicable and it will be possible to slow down the progression of applicable
- The emphasis of the 'Ageing' well-being, physiological ageing on pathological processes which
- Promoting physical activity and
- stretching session in each talk

# Listening better in Dorset

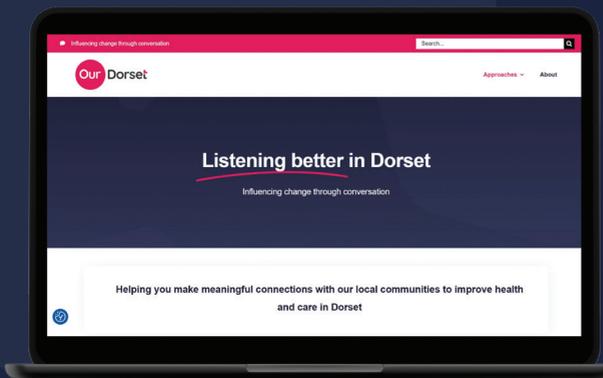
[www.ourdorset.org.uk/listening](http://www.ourdorset.org.uk/listening)



# Listening better in Dorset

[www.ourdorset.org.uk/listening](http://www.ourdorset.org.uk/listening)

#ListeningBetterDorset



Scan to find out more



A NEW website has launched helping you make meaningful connections with our local communities to improve health and care in Dorset

Find out more about our listening approaches:



Care Conversations



Community Conversations



Community Researcher Model



Community Researchers



Focus Groups



Neighbourhood Conversations



Patient and Public Voice Groups



Poverty Truth Commission



Three Conversations



Trusted Voices



Young Listeners

