



## **Keeping Well at Home booklet**

**The *Keeping Well at Home* booklet is specifically targeted at those older people who are having to stay at home during COVID-19.**

**It contains practical information on simple exercises to do at home, as well as advice on staying safe - from what to do in the event of a fall, accident prevention and spotting scams, to nutrition and help with managing energy supplies. It also provides some useful contact information.**

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## Details

Format

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Target group

Older people

## Downloads

Attachment	Size
<a href="#">Keeping Well at Home booklet</a>	3.7 MB

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