

Thursday, 31 July 2025

[Health and Social Wellbeing Improvement](#)



This leaflet highlights both the importance of incorporating physical activity into daily life and the many health benefits it brings.

The leaflet was originally produced and distributed to community pharmacies delivering the Living Well service. Living Well is a community based pharmacy service offered in over 500 pharmacies across Northern Ireland and is delivered in partnership with the Public Health Agency, Community Pharmacy NI and the Department of Health.

Details

Format

A5, 4 pages

Target group
General public

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Attachment	Size
Moving is the best medicine A5 4pp leaflet.pdf	731.34 KB

Tags

- [Physical activity](#)

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