

Go for Life

2010

Get active presentations / programmes Four get active presentations / programmes were delivered to 65 older people

Go for Life PALs programme 19 participants from 12 active retirement groups participated in this training.

2009

Get active presentations / programmes Five get active presentations / programmes were delivered to almost 100 older people

2008

Get active presentations / programmes Four get active presentations / programmes were delivered to almost 90 older people
