

You are many things.

Each and every one of them can help you prevent (dare we even say the word) frailty.

Don't stop. Keep living your life.

Fully-funded Healthy Ageing programs are a chat away.

**i am
not frail**

 gcphn.org.au/iamnotfrail

Ask your doctor or healthcare provider to refer you to a free local Gold Coast Healthy Ageing program.

phn
GOLD COAST

An Australian Government Initiative

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