

# Restology Offer

## Move and More by Age UK

Regular exercise is important, but getting started or knowing what's best can be difficult. Move & More is a one-to-one, home-based exercise program led by an instructor in your own home. The program helps you exercise safely with health conditions and supports you in regaining confidence after illness, injury, or a fall by providing personalised guidance and encouragement.

- Age UK North Yorkshire Coast & Moor is offering all Carers Plus Yorkshire clients a concession of 10% off the cost of a block of 8 sessions with a Restology card.
- To learn more or book a session, click the logo to contact the Health & Wellbeing team at Age UK NYCM. Be sure to mention Restology when you get in touch.

