
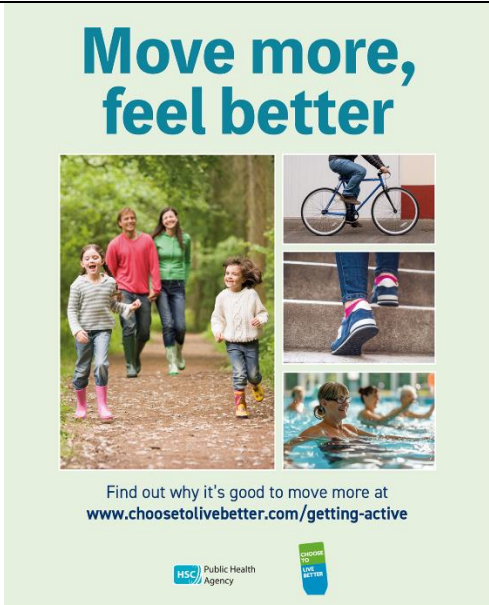



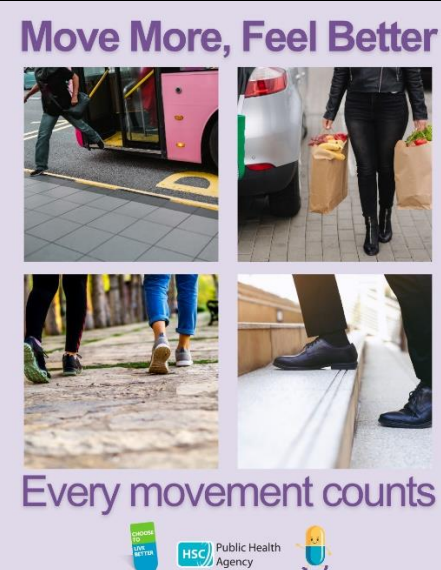



Living Well – August and September social planner 2025

Date	Content/ key messaging	Image / media
Friday 01 August	<p>A new campaign has been launched in community pharmacies across Northern Ireland. 🌟</p> <p>‘Move More, Feel Better’ is part of the Living Well service which highlights the role of pharmacy teams in providing advice and support to help people get more active.</p> <p>The campaign is running in over 500 community pharmacies and aims to raise awareness of the many physical and mental health benefits of being more active – and how simple, small changes to daily routines can make a big difference. 🧑</p> <p>Read more here: 📄 www.pha.site/living-well</p>	
Monday 04 August	<p>Small Change, Big Impact</p> <p>Even a small increase in movement can make all the difference. You can start by incorporating physical activity into your daily routine by:</p> <ul style="list-style-type: none"> ✓ Take the stairs ✓ Walk or cycle short journeys ✓ Get off the bus one stop early ✓ Park your car further away from the shop <p>Every movement counts! 📄 www.pha.site/living-well #LivingWell #MoveMoreFeelBetter</p>	



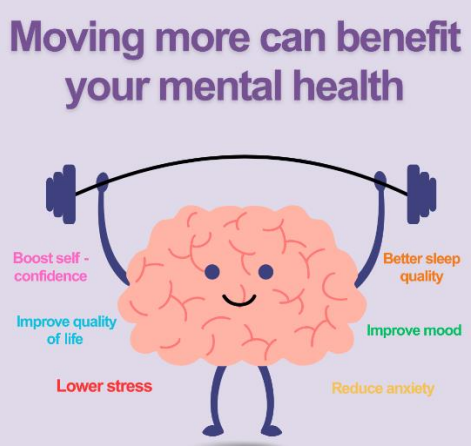

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<p>Friday 08 August</p>	<p>Being active doesn't mean spending hours in the gym – it's about finding small opportunities to move more each day.</p> <p>Even a little bit of regular activity can:</p> <ul style="list-style-type: none"> ✓ Boost your mood ✓ Reduce stress ✓ Improve sleep ✓ Help manage or prevent conditions like heart disease, stroke, diabetes, and some cancers. <p> www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Moving is the best medicine</p> <p>improve sleep, lower stress, boost your mood, increase self-confidence, ease back and joint pain, improve energy levels</p> <p>If physical activity was a drug, we would call it a miracle cure.</p> <p>HSC Public Health Agency, County Wick Literacy</p>	
<p>Tuesday 12 August</p>	<p> Every step counts!</p> <p>Walk to work, take the stairs, get off the bus a stop early or park further away from the supermarket — small steps make a big difference!</p> <p>www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Move More, Feel Better</p> <p>Every movement counts</p> <p>HSC Public Health Agency, County Wick Literacy</p>	



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<p>Friday 15 August</p>	<p>☞ Trouble sleeping? Try moving more during the day – physical activity helps improve sleep quality.</p> <p>It also boosts your energy levels during the day—so you feel more alert and productive.</p> <p>#LivingWell #MoveMoreFeelBetter</p>	
<p>Monday 18 August</p>	<p>Community Pharmacist, Patrick Kennedy discusses the benefits of getting more active.</p> <p>Call into your local pharmacy for advice and don't forget to pick up a 'Move More Feel Better' leaflet for more information on getting active.</p> <p>www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	<p>[Video].</p>



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<p>Thursday 21 August</p>	<p>Over 500 community pharmacies across Northern Ireland are supporting the “Move more, feel better” campaign. 🗝</p> <p>Pop in this August or September for free resources, advice, and support to help you get active.</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Ask your local pharmacist for advice on getting more active</p> 
<p>Monday 25 August</p>	<p>Regular physical activity isn't just about feeling better physically, it also has a positive impact on mental health.</p> <p>A short walk, a swim, or even gentle stretching can make a real difference.</p> <p># LivingWell #MoveMoreFeelBetter</p>	 <p>Moving more can benefit your mental health</p> <p>Boost self - confidence Better sleep quality Improve quality of life Improve mood Lower stress Reduce anxiety</p> <p>Movement is the best medicine</p> 


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<p>Friday 29 August</p>	<p>📍 Your local pharmacy isn't just for prescriptions – it's also a hub for health advice.</p> <p>Through the Living Well service, pharmacists are offering 'Move More, Feel Better' leaflets and advice to help you add activity into your routine.</p> <p>📍 Drop in, pick up a leaflet, and take the first step towards feeling better.</p> <p>🌐 www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Pick up your free 'Move More, Feel Better' leaflet to learn more</p> <p>CHOOSE TO LIVE BETTER HSC Public Health Agency</p>
<p>Wednesday 03 September</p>	<p>Have you ever thought about getting back into a sport you used to love—or trying something completely new?</p> <p>🏃 Start small. Join a local beginner's class, ask a friend to come along, or check out community sports groups near you.</p> <p>Many offer free or low-cost sessions for adults of all ages and abilities.</p> <p>💬 Not sure where to begin? Visit www.pha.site/living-well for ideas and tips to help you take that first step.</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Move More Feel Better</p> <p>CHOOSE TO LIVE BETTER HSC Public Health Agency</p>


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<p>Monday 08 September</p>	<p>Long periods of sitting can zap your energy and stiffen your joints. The fix? Move more, feel better!</p> <p>💡 Stand up, stretch, walk a lap around the room – every movement count.</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Move More, Feel Better</p> <p>Limit the amount of time spent sitting or lying</p> <p>HSC Public Health Agency</p>	
<p>Friday 12 September</p>	<p>Making healthy changes to your lifestyle can help manage and reduce the risk of many health conditions.</p> <p>Call into your local pharmacy today for advice and don't forget to pick up a free leaflet.</p> <p>📄 www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>Kennedy's Pharmacy</p> <p>Moving is the best medicine</p> <p>improve sleep, lower stress, boost your mood, increase self-confidence, ease back and joint pain, improve energy levels</p> <p>"Physical activity is one of the most effective ways to prevent and support the treatment of many common issues" Patrick Kennedy, Community Pharmacist</p> <p>HSC Public Health Agency</p>	

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<p>Wednesday 17 September</p>	<p>✓ Pharmacists are in a great position to talk to people about their health as they see first-hand how even small lifestyle changes can have a big impact.</p> <p>🔑 Next time you're in your local pharmacy, pick up a free leaflet or ask your pharmacist for advice on getting more active.</p> <p>www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	 <p>The image shows two men standing outside a pharmacy named 'Kennedy's Pharmacy'. The man on the left is wearing a light blue button-down shirt and dark trousers. The man on the right is wearing a dark suit jacket over a white shirt. They are both smiling and holding a large blue sign. The sign has the text 'Moving is the best medicine' at the top. Below the text is a cartoon character of a pill with a face, arms, and legs, appearing to be in motion. Surrounding the character are several phrases: 'Improve sleep', 'Boost mood', 'Ease back and joint pain', 'Improve energy levels', 'Increase self-confidence', and 'Manage chronic conditions'. At the bottom of the sign, there are logos for 'PHA' and 'NIH'.</p>
<p>Monday 22 September</p>	<p>David Tumilty, PHA Health Improvement Manager, shares how the Living Well – Move More, Feel Better campaign can help people across Northern Ireland take simple steps toward better health and wellbeing.</p> <p>From boosting mood to managing long-term conditions, every movement matters ✓</p>	<p>[Video].</p>

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<p>Friday 26 September</p>	<p>Physical is a powerful tool for managing and preventing long-term health conditions.</p> <p>Even small increases in activity—like walking, taking the stairs, or stretching—can make a big difference.</p> <p>✓ Every movement counts.</p> <p>If you're living with a health condition, speak to your local community pharmacist on how to get more active.</p> <p>www.pha.site/living-well</p> <p>#LivingWell #MoveMoreFeelBetter</p>	
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