

## HELPING YOU TO HELP YOURSELF

**Occupational therapy enables people to achieve as much as they can for themselves and to get the most out of life.**

- **Are you an older person living in Midlothian?**
- **Do you sometimes feel lonely or isolated?**
- **Would you like a better life beyond your four walls?**
- **Would you like to improve your health, confidence and wellbeing?**
- **Would you like a more active and enjoyable lifestyle?**
- **Do you need a bit of help, support and direction?**



**For more information, please phone 0131 454 1016**

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