

A large, high-contrast photograph of a man and a young boy swimming in the ocean. The man, wearing sunglasses and a blue wristband, is splashing water on the boy's face. The boy is wearing goggles and a blue wristband. The water is bright and reflects the sunlight, creating a high-contrast scene.

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.

iam  
not frail



[gcphn.org.au/iamnotfrail](http://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

A group of seniors are exercising with dumbbells. In the foreground, a woman with white hair and a pearl necklace is smiling and holding a pink dumbbell. Behind her, another woman is also holding a pink dumbbell. In the background, a man is holding a green dumbbell. The scene is set in a bright, airy room with other people visible in the distance.

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i am not frail



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