

GameChanger commences this Saturday at Easter Road



GameChanger commences this Saturday at Easter Road as Hibs begin their partnership with Living it Up, the online service to help people get more out of life.

Starting at the St Mirren game, the Living it Up team will be in the upper concourse in the West Stand and will be on hand to discuss www.livingitup.org.uk, the digital service with ideas and tools to help people over the age of 50 to be happier, healthier and safer.

If you want to get your blood pressure checked or your body mass index measured, the qualified Living it Up NHS team will have two health check pop ups in the upper West Stand concourse and will be able to conduct these simple checks and give you good suggestions to help you stay match fit in your everyday life.

If you don't fancy getting your match health check this Saturday, www.livingitup.org.uk provides information on local services, products and activities to support and enrich health, wellbeing and personal interests.

There are four strands to Living it Up. People can:

Discover...what groups, events and social activities are available locally.

Connect...with the community, with relatives overseas and with local groups.

Flourish...by using information and advice from trusted sources to help lead a healthier life. Those with long-term health conditions (and their carers) can share information and

experiences.

Shine...by trying inspirational opportunities on your doorstep to make more of your talents!

GameChanger, the public social partnership led by Hibernian Football Club, the Hibernian Community Foundation and NHS Lothian, is aimed at using the power of football to help tackle inequalities and promote social justice.

Looking after your health is very important and through GameChanger we are delighted to bring this fantastic partnership with Living it Up to our home matches for the rest of this season