



Data Saves Lives?

Health data – Are you collecting data to look after your own health? For example, by measuring your blood pressure, testing your blood sugar, or by keeping a diary of what you eat?

Testing health equipment – Or would you be willing to start collecting health data by testing equipment, such as a Fitbit, that keeps track of how active you have been, or how well you slept?

We are looking to recruit people aged 55 years or over to work with local community organisations and the University of Manchester to better understand how older people can collect and use health data to keep themselves active, mobile, and healthy.

We would ask you to attend a series of meetings (either in Salford or in Wythenshawe) where you can test some health equipment, and will learn how to share your stories on health data through film, pictures and words.



	<u>Salford</u>	<u>Wythenshawe</u>
When	5 weekly meetings on Wednesdays from 1-3pm. Starting 12 th -Oct	19 th -Oct (10am-4pm) 26 th -Oct (10am-1pm) 2 nd -Nov (10am-1pm)
Where	St Sebastian Community Centre	Crosssacres Resource Centre

For more information or to sign up, call 0161 3067767 or send an email to sabine.vanderveer@manchester.ac.uk

