

An elderly man with a white beard and glasses is playing an acoustic guitar. He is wearing a blue jacket over a white shirt. The background is slightly blurred, showing a window with green and yellow light. The text is overlaid on the left side of the image.

**HOW DO YOU
FEEL MORE
'yourself'
AGAIN?**

**WALK, RUN, CYCLE,
COOK, LISTEN, **PLAY**, TALK,
GO OUT, HELP OUT...**

FIND WHAT WORKS FOR YOU

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