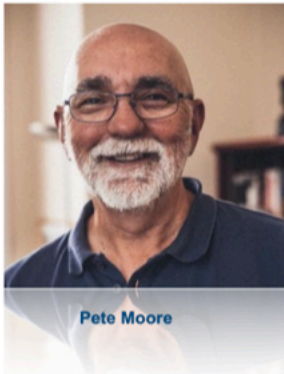


# New releases



## Prehab Toolkit for older people



Pete Moore

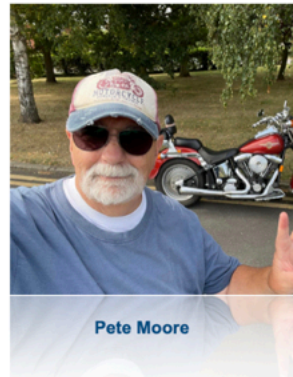
"Becoming an older person seems to come out of nowhere and so do the extra challenges, like living with persistent pain or other health conditions.

Are people prepared for these changes? Unfortunately, many are not.

I want to share with you 5 very simple prehab self management skills to keep you in your driving seat.



## Pain Toolkit Where do I start?



Pete Moore

"Pete, I want to start and learn how to self manage my pain, but I'm confused. Please help me. and where do I start"

Yes, for many people it can seem confusing and it was for me it is why in version of the Pain Toolkit I have put together 5 very tips I and other self managers use.

I am not an academic guy and if I can do it, then I know others can as well, so let's get started.