



**World  
PT Day  
2025**



# HEALTHY AGEING

**Getting older does not mean  
you must stop or do less of  
what you enjoy**



**Healthy ageing  
means staying  
active, maintaining  
relationships and  
doing what you value  
as you get older**



**World  
Physiotherapy**

**#WorldPTDay**  
**8 September**  
[www.world.physio/wptday](http://www.world.physio/wptday)