

STAY SAFE & WELL THIS WINTER

The Trinity Centre, North Ormesby
12th December 2018 from 10am - 3pm

Join us for tips and advice on how to stay warm and healthy this winter, as well as access to a range of activities and workshops including:

- Healthy heart checks
- Strength and balance exercise workshops
- Welfare advice
- Healthy eating advice and recipes
- Books on prescription including self help books for Mental Health, Dementia and other long term conditions
- Information and advice stalls from experts including the Staying Put Agency, Ageing Better and much more
- Falls prevention advice
- Christmas choir
- Free hot soup and beverages

Chance to
win a Christmas
hamper, slow
cooker and
microwave

