

Full of Life

Health and Well-being Event



This event has been organised with your local community and is for local people over 50. Try something new or rekindle an old passion.

FREE EVENT,

Including FREE Lunch, FREE Prize Draw and FREE Goody Bag

Travel to new destinations
– try 3D virtual reality

Get online
using an iPad



Healthy food
tasting

Meet new friends in
our Friendship Café

Learn about and
experience new
ways to keep fit

Check how you're doing
with a Well-being MOT



Wednesday 27th June 2018

10am - 4pm

Southwater Leisure Centre, Pevensey Road, Southwater, RH13 9XZ

For more information or to book your FREE place please call as soon as possible on 01403 260560 or email info@ageukhorshamdistrict.org.uk. If you think you might need help getting to the event please let us know when you get in touch and we will try to help.