

# 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](mailto: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.