



ISLINGTON
CARERS HUB



STAYING WELL EVENT

Thursday 23 May

JEAN STOKES COMMUNITY CENTRE
OFF CALEDONIAN ROAD

10am
or 1pm
sessions

Want to stay
active and get
out and about?

Do you have
joint pain or a
health condition?

**Feel in
need of a
boost?**

- Arsenal Health MOTs
- Find out about local services
- Free talks & quizzes
- 15 min gentle fitness
- Food & refreshments

**Booking
essential!**

To book email gethelp@ageukislington.org.uk
or call 020 7281 6018

 www.ageuk.org.uk/islington/staying-well-2024

