



Feel in need of a boost?

STAYING WELL

Thursday 23 May
10am or 1pm session



Don't forget, you'll need to book a place for the Staying Well event!
Call us on 020 7281 6018 gethelp@ageukislington.org.uk

Let us know if you want to book for either the Morning session or the Afternoon session (afternoon session now fully booked).



How to find the centre?

The centre is a 2 min walk from bus stops on Caledonian Road. There's a ramp up to the building and everything will be taking place on the ground floor.

If you need help planning your journey to the centre on public transport, you can contact Transport for London on 0343 222 1234