



29th of October

Free Health & Wellbeing Day

Cheltenham Town Hall 11 - 3pm

An event celebrating health and wellbeing for older people in Cheltenham. We have a range of partners who will be attending the event.

Activities include:

- Information Stands
- Resources
- Interactive activities
- Tea Dance
- Workshops

**Free hot
drinks and
lunch is
provided!**

Come along and find out a bit more about what is available to you in Cheltenham.

FREE TRANSPORT AVAILABLE

We are happy to provide transport for both events for those who are unable to access them otherwise. If you need transport to and from these events, or for anymore information about either event, contact:

The Healthy Lifestyles Officer: 01242 775202

