

# Managing change positively in older age

HEADS  
UP  
CHELTENHAM

Early planning can make a difference in later life. Come along to this **FREE event** and find out what is available in Cheltenham to support positive change in older age

**Monday 31st July**

**10am -12.30pm**

**Municipal Offices, Promenade, Cheltenham GL50 9SA**

## Programme

- |          |   |
|----------|---|
| 9.30 am  | Registration  |
| 10.00 am | Speaker: Mary Morgan,<br>Gloucestershire Clinical Commissioning Group           |
| 10.20 am | Workshops :<br>Care & Independence / Healthy Lifestyles                         |
| 11.05 am | Marketplace and Information stands  |
| 11.25 am | Workshops:<br>Do things you enjoy / Be active, sleep well, relax & have a break |
| 12.10 pm | Closing message: Cllr Flo Clucas, Cheltenham Borough Council                    |

**To confirm your booking please**

**call: 01242 774960**

**or email: [communityservices@cheltenham.gov.uk](mailto:communityservices@cheltenham.gov.uk)**

# Workshops

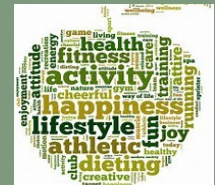
## ♦ Care & Independence

Find out the support and advice available to help you plan for the future



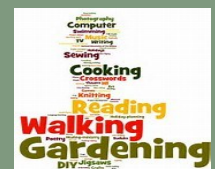
## ♦ Healthy Lifestyles

Keeping a healthy lifestyle; what does that mean and what support is available



## ♦ Do things you enjoy

Helping you to find out what's happening in your area and where you might be able to share some of your skills and knowledge to help others



## ♦ Be active, sleep well, relax and have a break

Worried about keeping active in later life? Come and find out what support is available to help you



Heads Up Cheltenham is a year of action to encourage good mental health.

For further information about the event and to book please contact 01242 774960 or email [communityservices@cheltenham.gov.uk](mailto:communityservices@cheltenham.gov.uk)

Information will be available from the following organisations:

- Carers Gloucestershire
- Cheltenham Senior Community Voice
- Gloucestershire Care Services
- Gloucestershire Rural Community Council
- Gloucestershire Healthy Lifestyles
- Cheltenham Borough Homes
- Neil Gayler & Co
- The Cheltenham Trust
- Ofishial Foods
- Change Grow Live

