

Active Ageing Event

Improving the health and wellbeing
of older people in Croydon

Tuesday 28 May 2019

12pm to 3pm

**All Saints Church, Onslow Gardens,
Sanderstead, CR2 9AB**



- Take part in free taster sessions
- Ask questions in a friendly and relaxed environment
- Meet local services and organisations who support older residents who want to live well

Free light refreshments available

Local services attending include: **NHS Older Adult Community Mental Health Services, Age UK, Croydon Health Care Services, Croydon Neighbourhood Care Association, Social Services** and many more.