



WALLINGTON COMMUNITY WELLBEING GROUP

Celebrate International Older People's Day at our Health & Wellbeing Event

**Friday 13th October from 11.00 am to 3 pm
at Trinity Centre, Maldon Road, Wallington SM6 8BL**

ADVICE from Healthcare Professionals including :

Audiology Diabetes UK Optometry Stroke Nurse

EXHIBITORS including :

Safer Neighbourhood Team

London Fire Service

Stroke Association

Shopmobility / QEF Mobility

HealthWatch

Age UK

Sutton MS Society

Alzheimer's Society

Uplift

Citizens Advice

ACTIVITY TASTER SESSIONS including:

Tai Chi, Yoga, Medau Movement, Hand drumming, Singing

**Celebrate with us and find out more about living safely and happily in
Wallington, meet new people & find activities available for you locally**

Refreshments available and Lunch by Chef RF

'Helping to overcome loneliness and isolation in our Community'

Come & Meet us, we are here to help you....

**Funded by LB Sutton Neighbourhood Grant &
Supported by Cllr Nali Patel the Older People's Champion**

FREE!

Advice

Keep safe

Keep healthy

Join in

Have Fun

in

Wallington



**Telephone: 020 8647 3000 / 07770 533000
Email: info@wallington-community-group.org**