

Full of Life

Health and Well-being Event



This event has been organised with your local community and is for local people over 50. Try something new or rekindle an old passion.

FREE EVENT,

Including FREE Lunch, FREE Prize Draw and FREE Goody Bag

'Scandals of Steyning' talk
with Janet Pendleton

Get online
using an iPad



Meet new friends in
our Friendship Café



Healthy food
tasting



Relax during
reflexology or
massage



Check how you're doing
with a Well-being MOT

Monday 2nd October 2017

10am - 4pm

Dingemans Court, Shooting Field, Steyning, BN44 3RU

For more information or to book your FREE place please call as soon as possible on 01403 260560 or email info@ageukhorshamdistrict.org.uk. If you think you might need help getting to the event please let us know when you get in touch and we will try to help.