

Older People's Lifestyle Event– Friday 22nd October

Spadesbourne Suite, The Council House, Bromsgrove



Bromsgrove Sports Development, in partnership with NHS Worcestershire and BARN (Bromsgrove and Redditch Network) are inviting older residents to enjoy an afternoon of lifestyle advice, with local health and activity groups. There will also be the opportunity to experience free taster sessions in PSI (Falls Prevention) and Exercise Mobility, Tai Chi, Multi Skills and competitive indoor games.

The event will be hosted at the Spadesbourne Suite, The Council House and a variety of health and activity based stalls will be present to offer guidance and advice. Local sports clubs have been invited to attend, including table tennis and bowls as well as walks for health and disability sports clubs. Local health organisations, including NHS Worcestershire and Age Concern have also been invited to attend on the day

The event will be attended by the newly appointed Age Well Coordinator Ian Anderson, who will be developing a programme to support adults by directing them towards healthier lifestyles and working with the community to create new opportunities.

The event will take place on Friday 22nd October from 12-2.30pm.
For further information, please contact Ian Anderson, Age Well Coordinator on 01527 881291 or email i.anderson@bromsgrove.gov.uk



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District Council
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Bromsgrove
And
Redditch
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