



## 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 :

<b>Safer Neighbourhood Team</b>	<b>Age UK</b>
<b>London Fire Service</b>	<b>Sutton MS Society</b>
<b>Stroke Association</b>	<b>Alzheimer's Society</b>
<b>Shopmobility / QEF Mobility</b>	<b>Uplift</b>
<b>HealthWatch</b>	<b>Citizens Advice</b>

**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**



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