



WALLINGTON COMMUNITY WELLBEING GROUP

Celebrating 'International Older People's Day' Health & Wellbeing Event

Friday 19th October 2018 from 11.00 am to 3 pm
at Trinity Centre Maldon Road, Wallington SM6 8BL

ADVICE from Healthcare Professionals including :

Audiology Optometry Free Health checks

ACTIVITIES Taster sessions including:

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

EXHIBITORS over 30 stalls with advice & Information including :

Police Safer Neighbourhood Team	Sutton Vision
London Fire Service	Stroke Association
Help Yourself to Health	Age UK Sutton
HealthWatch	QEF
Citizens Advice	Sutton Talking Newspapers
Diabetes UK	Sutton MS
Sutton Uplift	NHS Exhibitors
Carpenters Solicitors	SWL Breast Cancer Care

Find out more about living safely and happily, meet new people
and find out about activities available for you try locally.

Refreshments available, Buffet Lunch / Food by Chef Arif
Supported by Cllr Nali Patel, LB Sutton Older People's Champion

'Helping to overcome loneliness and isolation in our Community'

We are here to help you....

**FREE
EVENT**

Advice

Keep safe

Keep healthy

Join in

Have Fun

in

**Wallington
Beddington
Carshalton &
surrounding areas**



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