



Fit for Life Event

**Marchesi Centre,
Windermere**

**Thursday 18th October
1.00pm-4.00pm**



Come and enjoy our Fit for Life Event.

Information and demonstrations throughout the afternoon on:

Falls Prevention

**Seated Exercise
Class**

and

Mindful Meditation

Sloppy Slipper Swap - First 50 people to bring along their old sloppy slippers and we will replace them with a brand new pair

- Have a functional Fitness Test with the physio team from Westmorland General
- Try an Amazon tablet and get online
- Benefits Advice and information on the services of Age UK South Lakeland available
- Information and advice on hearing loss
- Refreshments

For more information please call 01539 728118. Booking not necessary, turn up on the day.