

Invite you to their FREE

LOOKING AHEAD EVENT

Tuesday 26th March 2019

At the Victoria Hall, Grange-over-Sands
10.00 am - 12.30 pm or 1.30 pm - 4.00 pm



Talk & demonstration
on falls prevention

A seated exercise
demonstration

Talk on benefits & Power of
Attorney

Throughout the day there will be the opportunity to :

- Have a functional fitness test with the Physio team from Westmorland General Hospital
- Try an Amazon Tablet and get online
- Find out about the services Age UK South Lakeland and the courses offered by U3A
- Get advice on hearing loss and tinnitus
- Have a blood pressure check

There will be tea/coffee and cake available during both the morning and afternoon sessions.

For more information please call 01539 728118. Booking is not necessary.

Age UK South Lakeland Ltd is a registered charity, No 1141415 www.ageuksouthlakeland.org.uk

Grange and District U3A is a registered charity, No1096833 www.u3a.org.uk