



Fit for Life Event

Kendal Town Hall

**Wednesday 26 June
10.30am - 12.30pm**

**Come and enjoy our Fit for Life
Event with information and
demonstrations throughout the
morning on:**

Deaf Awareness Talk

**Talk & Demonstration
on keeping steady on
your feet**

**Keeping safe at
home and on the
road**

- Have a functional Fitness Test with the physio team from Westmorland General
- Find out how to improve your finances and be fraud smart
- 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 and tinnitus
- Have a blood pressure check
- Information tables - Sight Advice, Dignity in Dementia and Cumbria Police

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