

Tinnitus Drop-In



Do you have **tinnitus** and want to know what to do? Do you need support or advice about how you can manage your tinnitus? Age UK South Lakeland can help. Come along to our drop in at our Kendal Resource Centre on the 2nd Wednesday of the month.

For more information, give us a call on **01539 728118** or email us at: helpline@ageuksouthlakeland.org.uk

Supporting the Local Community



**Every Second
Wednesday of the
month**

10:00 AM - 12:00 Noon

Resource Centre
17 Finkle Street
Kendal
LA9 4AB