

Positive 50+:

Event offering free advice and information for the over 50's

Wednesday 18 August 2010
11am - 3pm at the Guildhall, Worcester

- **FREE** advice and information on healthy living and local services
 - **Demonstrations:** 11.30am: Gentle exercise
- 12.30pm: Healthy cooking demonstration 1.30pm: Chance to dance
 - **Over 30 exhibition stands**
 - **FREE** refreshments • **FREE** entrance

For further information call 01905 721143

FREE pair of well
fitted slippers.
Health MOT.
FREE massage.
FREE electric
blanket testing

