



# Well Being Event

A free and friendly festival for  
older people 55 + in our community

Sunday 11th July

1.30 pm - 4.30 pm

Arkendale Community Hall

Police and Fire Safety  
Food, Diet and Exercise  
Technology Clinics  
Entertainment  
Light Refreshments

Free transport available if required

## Well Being Event Programme

- 1.35pm - 1.40pm Welcome
- 1.40pm - 2.00pm Why Exercise ?
- 2.30pm - 2.50pm Yorkshire Comedy
- 3.10pm - 3.30pm Fire & Police Safety Presentations
- 4.00pm - 4.20pm Musical Entertainment
- 4.20pm - 4.30pm Close & Feedback

Between events you can visit any of the following:

- Café
- Mobile Phone Clinic
- Digital Camera Clinic
- Computer Clinic
- Healthy Eating & Diet
- Wiltshire Farm Foods
- Age Concern Knaresborough
- Police Safety
- Fire Safety
- Massage

Please feel free to bring along your phone, camera or laptop should you have any queries for our experts

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Let us know if you can attend by filling in this slip and return to:  
Malcolm Howe, West View, Westfield Lane, Arkendale or  
alternatively ring Malcolm on 340185 or Jean on 340517  
by Monday 5th July or email malcolm\_howe@hotmail.com

I would like to attend the Well Being Event on Sunday 11<sup>th</sup> July.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

**We are delighted to have the Little Red Bus service.  
If you require free transport please tick here.**