



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

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 11th July.

Name: _____

Address: _____

Tel: _____

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