

SHOWCASE OF SERVICES FOR OLDER PEOPLE EVENT

Opening
the event
BBC H&W host,
Andrew
Easton

Marketplace
11am-2pm

Dementia
Friends
Sessions
11.30am &
1pm

Strength and
Balance Class
12.30pm

Simply Sing
session run
by Malvern
Theatres
10-11am



TUESDAY 9 OCTOBER 2018 11AM – 2PM
THE FOYER AND CIRCLE BAR,
MALVERN THEATRES

FREE EVENT

The Showcasing Event is an opportunity for older people, their family, friends and carers to find out more about what local services are available to support them to 'age well'.

FREE REFRESHMENTS

Join us for a hot drink and tasty treat anytime between 11am-2pm, where you can informally chat to any of the 25+ stallholders promoting their services.

The theme for the event is dementia awareness and the Dementia Action Alliance will be on hand to offer lots of information and advice. There will also be two Dementia Friends Sessions, 11:30am and 1pm in the Circle Bar, which raises awareness of how we can all support people to live well with dementia.

FREE BLOOD PRESSURE CHECKS

The Stroke Association will be providing free blood pressure checks throughout the event.

FREE TASTER SESSIONS

A Strength and Balance taster session will be taking place at 12:30pm, aimed at improving core strength and reducing the risk of falls.

Malvern Splash will be out in Priory Park between 12:30-1:15pm with their 60+ Pilates class taster session. Visit their stall for more information about the services they offer including their £10 annual swim membership for over 75's.

FOR MORE INFORMATION

Please call Sophie Jackson **01684 862 417**
or email communityservices@malvernhillsgov.uk