

50+?

Are you an organisation that supports people who are 50+ or an individual who is 50+?
If you can say yes to at least one of the above - then this is your -



invitation

to our open meeting on being

FIT FOR THE FUTURE

FINANCES, FITNESS AND FORWARD PLANNING

Thursday 17th October 10.30—3.00

Holiday Inn, Lakeview, Bridge Road, Histon, Cambridge CB24 9PH

10.00 Registration and visit stands

10.30 start

Speakers local Statutory and Voluntary Organisations

Topics to include Social Prescribing, Health and Wellbeing, Ageing Without Children, Living at Home and Digital Inclusion.

Networking with a wide range of organisations

Our Silver Circles project explained

Information from a diverse range of stands

Opportunities to tell us about obstacles and solutions to being fit for the future

3.00 Close - Followed by Dementia Friends Session

FUTURE EAST CONSULTATION ON PRIORITIES



For more information or to request a booking form, please go to our website: <http://futureeast.org.uk/> or contact Susannah Harris on [07858 456946](tel:07858456946) or by email admin@futureeast.org.uk

Please note that this is a free event but as places are limited it is important that you book your place