

**FULL
OF LIFE**



Getting and Staying Active in Later Life

UK Older People's Day, 1st October 2010

Celebrating the contribution older people make to society

The Beth Johnson Foundation will be hosting this event to celebrate UK Older People's Day.

What is happening?

- * Listen to local people who are great examples
- * Learn about opportunities and activities that are available
- * 'Lets have a Go' a chance to try something new
- * Light lunch will be provided

Celebrate Older People's day with Beth Johnson Foundation on

1st October 2010
10am – 3pm

at **Cobridge Community Centre** Bursley Road, Stoke on Trent, ST6 3DQ

OLDER

PEOPLE'S

DAY

**For more information and to book contact
Beth Johnson Foundation on 844036**