

'Ageing Well' Day

Tuesday 11th June, 10.00 am to 3.00 pm
The Old Market Square, Nottingham

Do you want to know more about what is available in the city?

Come along to this **free** event where there will be lots of opportunities to find out about what is on offer for people as they grow older.



More than 30 stalls will give information and advice on a wide range of services and support including:

- Health and care services
- How to stay active, fit and well
- Information on diabetes, bone health etc
- Carers information
- Support in the home
- Dementia awareness
- Staying safe and warm at home
- Arts and culture offers
- Volunteering opportunities
- New ways to meet people



**Age Friendly
Nottingham**

Plus much more.....

The Council House will be open for:

- Tours (places must be booked in advance)
- A showcase of Age UK Nottingham & Nottinghamshire dementia awareness and support services and Advantage mobility products and services.

For more information contact Age Friendly Nottingham on 0115 8763513 or email healthandwellbeing@nottinghamcity.gov.uk