

AGEING WELL

COMMUNITY FESTIVAL



Celebrating International Day of Older Persons

Sunday 2nd October 2022

12-5pm

Central Park, E6 3HW

The Ageing Well Community Festival is a free community event and everyone is welcome. Newham's Ageing Well Strategy aims to improve the health and wellbeing of residents aged 50+ and reduce health inequalities.

www.newham.gov.uk/ageingwell

WE ARE NEWHAM.

YOU CAN EXPECT:

- Activities like drumming, Zumba Gold and judo
- Help and advice about heating, food, work, money and more
- A fun day out
- Free food and refreshments

There will be BSL interpreters at this event