

Staunton Country Park

Wednesday 24 September
11am – 2pm

Whether you are still active and well, or just noticing a shift in how you feel, investing more in your health now can shape your next 10 years and beyond.

Join us for a day of **fun activities** focusing on the **positive lifestyle changes** you can make to give you the best opportunity of staying independent in later life!



Activities

11:30am – 12:30pm	History Walk (meet outside the Coach House)
12pm – 1pm	Qigong taster session (lawn in front of Coach House)
1pm – 2pm	Inclusive Walk (meet by car park pay point)
11am – 2pm	Functional fitness MOTs
11am – 2pm	Horizon health checks
11am – 2pm	The Spring craft activities

Stalls

Visit our range of stalls, offering friendly and informative health and wellbeing advice:

- **Community First**
- **Horizon**
- **Havant & East Hants Mind**

FREE parking!

(code will be provided at event)