



Edinburgh Leisure

**FREE
EVENT!**

Active Ageing 50 years and beyond event

*Celebrate International Older People's Day
at Meadowbank Sports Centre*

Thursday 1st October 2015
12.30 - 4.00pm

SUPPORTED BY
• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

ageing
well
Helping you to enjoy the years

Get Up & Go



Pilmey
Development
Project

Active Lives

Registered Scottish Charity No: SC027450

To celebrate **International Older People's Day** come along and experience a great afternoon with exciting **stalls**, a number of energetic and toe-tapping **demonstrations**, and a fun-filled **tea dance**.

With information available on being active and plenty of useful hints and tips on general health and wellbeing, our large choice of stalls will include information from:

- **Age Scotland**
- **Citizen's advice Pension Wise**
- **NHS Lothian Falls Prevention**
- **Living It Up**
- **Care & Repair**
- **Changeworks Heat for Heroes**
- **LOOPS (local opportunities for older peoples services)**

The afternoon will be rounded off in true Scottish style with a tea dance, tea, coffee and cakes from 2.30 - 4.00pm.

All information, activities and the tea dance are absolutely **FREE** – all you need to do is turn up!

- ★ **PLUS** pick up your free Get Up & Go brochure telling you what's going on across the city for the young at heart.
- ★ Join us to celebrate our local heroes at the annual Get Up & Go awards ceremony presented by Councillor Lewis, Convener of Culture and Sport.

For more information on this event check out www.edinburghleisure.co.uk, call **0131 458 2183** or email ageingwell@edinburghleisure.co.uk