

Healthy Lifestyle Event



at
Age UK Hounslow
The Southville Community Centre
Southville Road
Feltham TW14 8AP
Tel: 020 8560 6969



On Wednesday 20th March 2019

PROGRAMME

Presentation on a Healthy Lifestyle

10.00am – 10.30am

Main Hall

Diet
Smoking
Exercise



Medicine Management and Safety
Chronic Disease Awareness and Prevention

Health Station

10.30am – 12.00pm

Meeting Room

Providing the opportunity for individuals to speak to a health professional.
There will be a GP, two Health Care Assistants and one clinical pharmacist available to talk about any health concerns you may have.

11.30am – 12.00pm: Fit and Fabulous – Chair Based Exercises. *Main Hall*

12.15pm 1.00pm: Zumba. *Main Hall*

12.15pm – 1pm: Community Audit Meeting. *Meeting Room*

1.00pm-1.30pm: Lunch provided.

1.30pm: Age UK Hounslow AGM (MEMBERS ONLY)

Main Hall