



STAYING

STRONG AND

INDEPENDENT

You are invited to join us for a social evening over a cuppa to learn about an innovative campaign to get communities moving.



MAKING A DIFFERENCE IN YOUR LOCAL COMMUNITY.

In conjunction with the health service, we are looking for inspirational individuals to join a local campaign that will support older adults to build strength and balance activity into daily life.

Help others to understand the benefits of staying strong, staying independent and staying healthy.

YOU'RE INVITED!

You are invited to join us for a social evening over a cuppa to learn about an innovative campaign to get communities moving.

If you run a coffee morning, friendship club or any social group for older adults please get in touch.

TO FIND OUT MORE, CONTACT:

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www.activegloucestershire.org