

50+ Healthy Lifestyles Event

Tuesday 23 June, 11.30am-3pm

Pavilion Leisure Centre, Station Road, Withernsea, HU19 2QA

Come along to learn more about the services available to people aged 50+ including:

- Keeping yourself healthy
- Protecting yourself and your home
- Groups and activities in your local community

There will be free refreshments and people available to give you tips and advice. Please pop-in anytime between 11.30am-3pm.

We look forward to seeing you!



For better
mental health



Protecting Communities, Targeting Criminals



time to change

let's end mental health discrimination