

Older Adults Wellbeing Event

Whitehaven Cricket Club
Richmond Terrace CA287QR
Monday 24th November
1-3pm

Free Parking
Health checks
Information
Help
Advice
Support



Come along have a cuppa & a chat



Free Raffle
Local health
& wellbeing
services
Home delivery
meal tasting
Energy advice

For more info call
01946 853322



Older Adults Wellbeing Event

Whitehaven Cricket Club
Richmond Terrace CA287QR
Monday 24th November
1-3pm

Free Parking

Health checks
Information

Help
Advice

Support



Come along have a cuppa & a
chat



Free Raffle
Local health
& wellbeing
services

Home delivery
meal tasting
Energy advice

For more info call
01946 853322

