

FREE EVENT



How to age well in the 21st century

Tuesday 14 September, 2021

De La Warr Pavilion, Bexhill-on-Sea

Improve your mental and physical wellbeing so you can stay active and enjoy life as you get a little older.

From 3pm

Meet local groups and organisations offering a range of activities suited to those over the age of 50. You can even give some of them a try on the day! Enjoy a specially designed menu created to show you can eat well as you age well!

From 6pm *(booking advisable)*

Enjoy a presentation from award-winning Dr Elena Mucci, Consultant Geriatrician – “The Common Sense Adviser” and Mr Michael Jackson, Pharmacist in Cardiology who will inspire you to ‘become your own doctor’ so you can lead a healthy, active and fulfilling life.



**You Tube: BeYourOwnDoctor
Instagram @doctor.elenamucci**

Find out more at www.dlwp.com/how-to-age-well