

FREE Macmillan Wellbeing Day for Over 55's
'Discover a new you'

Wednesday 8th March 2017

11am—2pm

Burges Salmon, 1 Glass Wharf, Bristol BS2 0ZX

(close to Temple Meads station and bus stops)

A day for people living with and beyond cancer, their carers/supporters. Come along and find out information from local organisations and groups. Try our **FREE** activity taster sessions and enjoy a healthy lunch and refreshments!

- 10:45am** Registration opens
- 11:00am** Welcome and talk about the benefits of physical exercise
- 11:15am** Chair Based Exercise
- 11:45am** Relaxation Techniques
- 12:15pm** Ballroom Dancing
- 12:45pm** Lunch
- 13:15pm** Tai Chi
- All Day** Massage and Table Tennis



Booking is required. Please call the LinkAge Macmillan team on **0117 353 3042**. Transport is available but spaces are limited, please call to discuss.