

Find out more about opportunities and activities in Bexley for older people, their families and carers

London Borough
of Bexley presents:

Ageing Well... in Bexley

Information and
Advice Event

Saturday 14 October
11am to 4pm at

Bexley Civic Office, 2 Watling Street,
Bexleyheath, DA6 7AT



Free
to attend!

An opportunity to:

- Link into local groups
- Explore an array of exciting, free activities
- Test out new technology that can support you to remain independent
- Venture into volunteering
- Care for carers
- Helpful health advice
- Planning for future retirement life

P **FREE**
CAR PARKING
(at the Civic Offices)



FREE
REFRESHMENTS



FREE
ENTERTAINMENT

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