

FULL OF LIFE

Information & Advice Day

**Tonbridge & Malling Seniors – FREE event for the over 50's
Information and advice on health, benefits, housing, and
local clubs and societies.**

**Tuesday 1st October 11am –2pm
Angel Centre, Tonbridge**

FREE light lunch and refreshments throughout the event

**A chance to win a £250 Saga holiday
voucher!**

The following topical talks throughout the event:

- 11.00am - The Good Neighbour Project
“**Postural Stability and Falls Prevention**”
- 11:30am - KCC Tonbridge & Malling Community Wardens
“**Role of Community Wardens**”
- 12:00pm - Home Instead Senior Care
“**Managing Dementia and its Symptoms**”
- 12:30pm - The Carers' Wellbeing Initiative
“**Breathing & Relaxation Techniques**”
- 1.00pm - Kent Fire & Rescue Service Vulnerable Persons Team
“**Fire Prevention & Safety in the Home**”
- 1.30pm - Voluntary Action Within Kent
“**Assistance & Services for Older People**”

Event organised by the Tonbridge and Malling Seniors
Forum (TAMS) to celebrate National Older People's Day

ENTITLEMENTS

TEACH

LEARN

BENEFITS

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