

SEFTON OPERA AND SEFTON MBC AFFORDABLE WARMTH TEAM INVITE YOU TO



Company Registration No: 3841119 Charity Registration No: 1086437

KEEP WARM KEEP WELL OVER 50'S EVENT



Bootle Cricket Club Wadham Road Bootle L20 2DD

Monday 2nd October 2017 10.30 am - 4pm

Information Stands From 10.30 a.m. till 12.30 Blood Pressure Chair Based Exercise Healthy Food Demonstration

FREE GOODY BAGS

Massage

Lunchtime light Refreshments

ALSO FREE TEA DANCE FROM 1.30 TILL 4.00 WITH:

Memory Lane, Bootle Bells, Ernie, and Our Very Own Elvis

Refreshments on Sale

Please contact on 0151 330 0479 or 07452 867 648 admin@seftonopera.org.uk for further details