

# Age Well Event

## Supporting you to live safely and independently as you get older

*For older people and anyone who looks after or supports an older person*

**Thursday  
28 September  
2023  
12-2pm**

**Drop in to chat with organisations specialising in:**

- Improving physical health and mental wellbeing
- Dementia awareness
- Reducing the risk of falls
- Cost of living support



**One Colchester  
Community Hub  
4-6 Long Wyre St,  
Colchester  
CO1 1LH**



**North East Essex  
Health & Wellbeing Alliance**