

STARTS  
NOVEMBER  
2016



A series of health focussed information sessions for the over 60's.

# YOUR HEALTH MATTERS

We are offering over 60's from Draperstown and surrounding areas the opportunity to take part in a series of FREE health related information sessions including:

- How your local pharmacy can help you
- Information on specific health issues such as dementia, arthritis, cancer, mental health etc.
- Stress management/relaxation techniques
  - Nutrition and the benefits of exercise
- Plus other workshops suggested by programme participants

If you are interested in taking part or would like to find out more contact Adele or alternatively leave your name and number into O'Kane's Pharmacy and we will contact you.

[adele@theworkspacegroup.org](mailto:adele@theworkspacegroup.org)

028 7962 8113