

A Healthy Future 'Older'.... Not 'Over!'

An event for all agencies supporting and promoting the wellbeing of people in later life.

Projects past, present and future.
Join us to **find out** more about exciting
new projects, **share learning**,
promote your work, **explore** how you
can **get involved**.



A Healthy Future – ‘Older’.... Not ‘Over!’

You are invited to learn about exciting projects happening across the region to encourage and support physical activity, healthy eating and improved mental well-being for people in mid and later life. Come along. Get involved.

The East of England has a fast growing and ageing population. By the early 2020's half of all adults in the region are likely to be over the age of 50. The very fact that people are living longer represents a great success for society, but the real success will come from enabling and supporting people to live healthier, included and connected lives for longer. Attitudes to age and the services people expect are changing. How can we all step up to this exciting challenge?

This FREE event is for all local and regional agencies:

- **Find out about two key Age Concern projects, Fitter Futures and Fit as a Fiddle going on across the region**
- **Learn from the experiences of others**
- **Network with colleagues and like-minded partner agencies working to improve health and wellbeing of people in mid and later life**
- **Explore how you can get involved!**
- **Promote and discuss your work**

**The venue is: Trinity Centre, Cambridge
24 Milton Rd., Science Park
Cambridge, CB4 0FN.**

Easy access from all major routes.

Directions and a map will be sent with all registrations

Refreshments and lunch will be provided.

To book a place: Please complete and return the booking form to:-

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Conference Organiser,
East of England Regional Assembly, Flempton House, Flempton, Bury St Edmunds,
Suffolk, IP28 6EG.
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