



Living Well, Ageing Well

Do you want to stay active, connected and empowered as you age?
Join our free, facilitated workshops by registering below.



For 50+

Adults aged 50 and above
from diverse communities



Conducted by
Trained Facilitators

Choose Your Workshop (You can attend as many as you like)



Culturally appropriate healthy eating and nutrition

4th July Saturday | 11:00 to 12:30 | Redbridge Central Library



Active ageing, mobility, and fall prevention

11 July Saturday | 3:00 to 4:30 | Redbridge Central Library



Dementia awareness and early help-seeking

22 July Wednesday | 3:00 to 4:30 | Redbridge Central Library



Financial wellbeing and cost-of-living support

25 July Saturday | 11:00 to 12:30 | Redbridge Central Library



Mental wellbeing, loneliness, and emotional resilience

29th July Wednesday | 3:00 to 4:30 | Redbridge Central Library



Digital inclusion to access NHS services and information

1st August Saturday | 11:00 to 12:30 | Redbridge Central Library



Healthy and active ageing: Decline to contribution

5th August Wednesday | 3:00 to 4:30 | Redbridge Library



60 to 90 MIN

INTERACTIVE SESSION

Learn, Share & Get Involved!



Come, learn, share and get involved while you relax and enjoy the free refreshments.

Organised by:



Funded by:



Community partner:



**Register now to
secure your place**

Delivery partners

Working together across Redbridge

EMAGE CIC

POWWAI

NHS

VISION

Dementia UK

Purposeful innovator CIC

Energy café

**Scan to
Register:**



<https://emagecic.com/>

Join us to stay active, connected, and empowered as you age.

