

Belfast

Age-
friendly
Belfast

Be prepared!

Come along to our 'Be prepared' information events for free advice on how to help improve your daily living.



Events will be held at:

Shankill Leisure Centre
Thursday 23 April
10.30am – 2pm

Ulster Museum
Tuesday 5 May
10.30am – 2pm

Highlights include:

- advice on your home,
- services that are available to older people,
- keeping safe, and
- falls prevention and home safety.

For more information please call Age-friendly Belfast 028 9050 2073 or email anne.ross@bhdu.org

The events are being delivered in partnership with Volunteer Now, Good Morning Schemes, National Energy Action and Engage with Age.



www.belfastcity.gov.uk/seniors