

FREE AGEING WELL EVENT

Penicuik Town Hall

Friday 2nd June 10-12 noon

Have you ever wondered how fit you are?



Complete some simple tasks to find out your results compared to others the same age as you.

How strong is your grip strength?

How flexible are your shoulders?

How many times can you sit to stand in 30 seconds?

There will also be an opportunity to have a cup of tea and chat to volunteers about activities available in your local area.

