



Edinburgh Leisure

**FREE
EVENT!**

Active Ageing 50 years and beyond event

Celebrate International Day of Older People
at Meadowbank Sports Centre

Wednesday 1st October
1.00-4.00pm

SUPPORTED BY

• EDINBURGH •
YOUR COUNCIL - YOUR SERVICES

ageing
well
Partnership Quality Improvement

Get Up & Go



Pillmeny
Development
Project

Charity number: SC002549

To celebrate International Older Adults Day come along and experience a great afternoon at Meadowbank from 1.00-4.00pm, with exciting stalls to visit and a chance for you to be a 'Commonwealth Athlete' by trying out a range of physical activity tasters.

The secret to feeling better and living longer is staying active and eating healthily. And, it's never too late to start. To celebrate long, healthy and active lives, join us for International Day of Older People on Wednesday 1st October.

With lots of activities to try out absolutely free, it really will be a day jam packed and full of fun, with activities including:

- Cycling
- Walking football
- New Age Kurling
- Seated exercise

The fun doesn't stop at the activities we'll also have stalls for you to wander around, each offering you advice and information on health, safety and plenty of useful hints and tips.

- Living it up
- Care & Repair
- Citizen's Advice
- Age Scotland
- Get Up & Go awards ceremony
Presented by Councillor Lewis, Convener of Sport and Leisure

Plus pick up your FREE Get Up & Go brochure

The afternoon will be rounded off in true Scottish style with a tea dance, tea, coffee and cakes from 2.30-4.00pm.

For more information on this event check out www.edinburghleisure.co.uk or call **0131 458 2100**