

SEFTON OPERA AND SEFTON MBC

AFFORDABLE WARMTH TEAM

INVITE YOU TO

Sefton Council 



KEEP WARM KEEP WELL OVER 50'S EVENT



The Atkinson Centre
Lord Street Southport
PR8 1DH

Monday 19th September 2022

10.30 am - 3.30pm

Information Stands 10.30 a.m. till 12.30

Blood Pressure

Chair Based Exercise

FREE GOODY BAGS

Massage & More

Lunchtime light Refreshments

ALSO AFTERNOON DANCE FROM 1.30 TILL 3.30 WITH:

Live Bands, Music & Entertainment
Refreshments on Sale

Please contact on 0151 330 0479 or 07452 867 648

admin@seftonopera.org.uk for further details

Company No: 3841119 Charity No: 1086437