

**FREE EVENT**



# How to age well in the 21st century

**Tuesday 14 September, from 3pm**

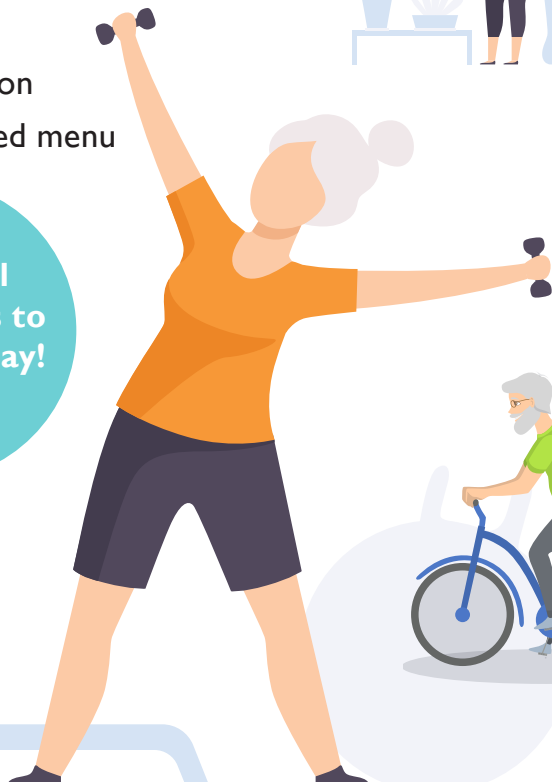
**De La Warr Pavilion, Bexhill-on-Sea**

**Improve your mental and physical wellbeing so you can stay active and enjoy life as you get a little older.**

- Meet local groups
- Find an activity to suit you
- Healthy lifestyle tips
- Advice on falls prevention
- Enjoy a specially designed menu



**There will  
be activities to  
try on the day!**



Find out more at [www.dlwp.com/how-to-age-well](http://www.dlwp.com/how-to-age-well)

# Avoiding frailty in older age: how to be your own doctor



**Tuesday 14 September, from 6-8.30pm**

**De La Warr Pavilion, Bexhill-on-Sea**

Learn how you can lead a healthy, active and fulfilling life from award-winning **Dr Elena Mucci, Consultant Geriatrician – “The Common Sense Adviser”** and **Mr Michael Jackson, Pharmacist in Cardiology** who will inspire you to ‘become your own doctor’.

- Prevention of falls
- Vitamin D deficiency
- Avoiding incontinence
- Ways to avoid dementia
- Do you need all those medicines?
- The impact of smoking, alcohol and diet

*Keep fit and healthy – keep control of your life!*

*“Funny, clever and interesting – so many things I hadn’t thought about that will keep me safer and healthier as I get older, I left feeling inspired”*

*“Entertaining and thought-provoking. This could change my future.”*



**You Tube: BeYourOwnDoctor**  
**Instagram @doctor.elenamucci**



Reserve a **FREE** seat at [www.dlwp.com/how-to-age-well](http://www.dlwp.com/how-to-age-well)