



**Feel in need of a boost?**

# STAYING WELL

**Thursday 23 May**  
**10am or 1pm session**



**Don't forget, you'll need to book a place for the Staying Well event!**  
**Call us on 020 7281 6018 [gethelp@ageukislington.org.uk](mailto:gethelp@ageukislington.org.uk)**

Let us know if you want to book for the 10am Morning session or the 12.50pm Afternoon session.



**Jean Stokes  
Community Centre**

## How to find the centre?

The centre is a 2 min walk from bus stops on Caledonian Road. There's a ramp up to the building and everything will be taking place on the ground floor.

If you need help planning your journey to the centre on public transport, you can contact Transport for London on 0343 222