

DATES FOR YOUR DIARY...

May 2017

Take Five - To Stop Fraud

Wednesday 3rd May, 11am to 2pm

Lavinia House, Dukes Square, Horsham, RH12 1GZ

Take Five with us at this **FREE EVENT** which includes a **FREE LUNCH** to stop and consider whether a situation is genuine – to stop and think if what you're being told really makes sense. Learn various techniques to protect yourself online, at home, at work, via email or face-to-face. Various local organisations to offer support.



Audiology Clinic comes to Horsham

From Monday 15th May

Lavinia House, Dukes Square, Horsham, RH12 1GZ

For more information **please contact Action for Deafness directly** on 01444 415582 or e-mail info@actionfordeafness.org.uk

Full of Life - Health and Well-being Event

Monday 22nd May, 10am to 4pm

Faygate Village Hall, Park Road, RH12 4SG

Join us at this **FREE EVENT** which includes a **FREE LUNCH** to try something new, like an exercise class; learn to Skype or use the internet; try different arts and crafts. There will also be experts on hand to take your blood pressure and talk about how you can raise your heart rate safely.



Age UK Horsham District is a local, independent charity dedicated to working with older people and making Horsham District a place in which everyone can love later life.

For more information about any of these events or to book your space please contact us on 01403 260560 or info@ageukhorshamdistrict.org.uk