

Ageing Well Reach invite you to a

Senior Men's Day

Date: **Thursday, 26 March 2009**

Time: **11am - 4pm**

Venue: **The Docker's Social Club**
Pilot Street, Belfast (map on reverse)

Cost: **FREE**

Come along and join in a day of information, entertainment and craic - see overleaf for the day's programme!

A light lunch will be provided and will be followed by musical entertainment from 2pm - 4pm.

Places are limited, so please ensure you book your place in advance by telephoning Melanie at Age Concern on 028 9024 5729 before 16th March 2009. (Please speak to Melanie when booking your place if you require assistance with transport.)



Sailortown
2009



Health
Promotion
Agency

E.H.S.S.B.
INVESTING FOR HEALTH TEAM

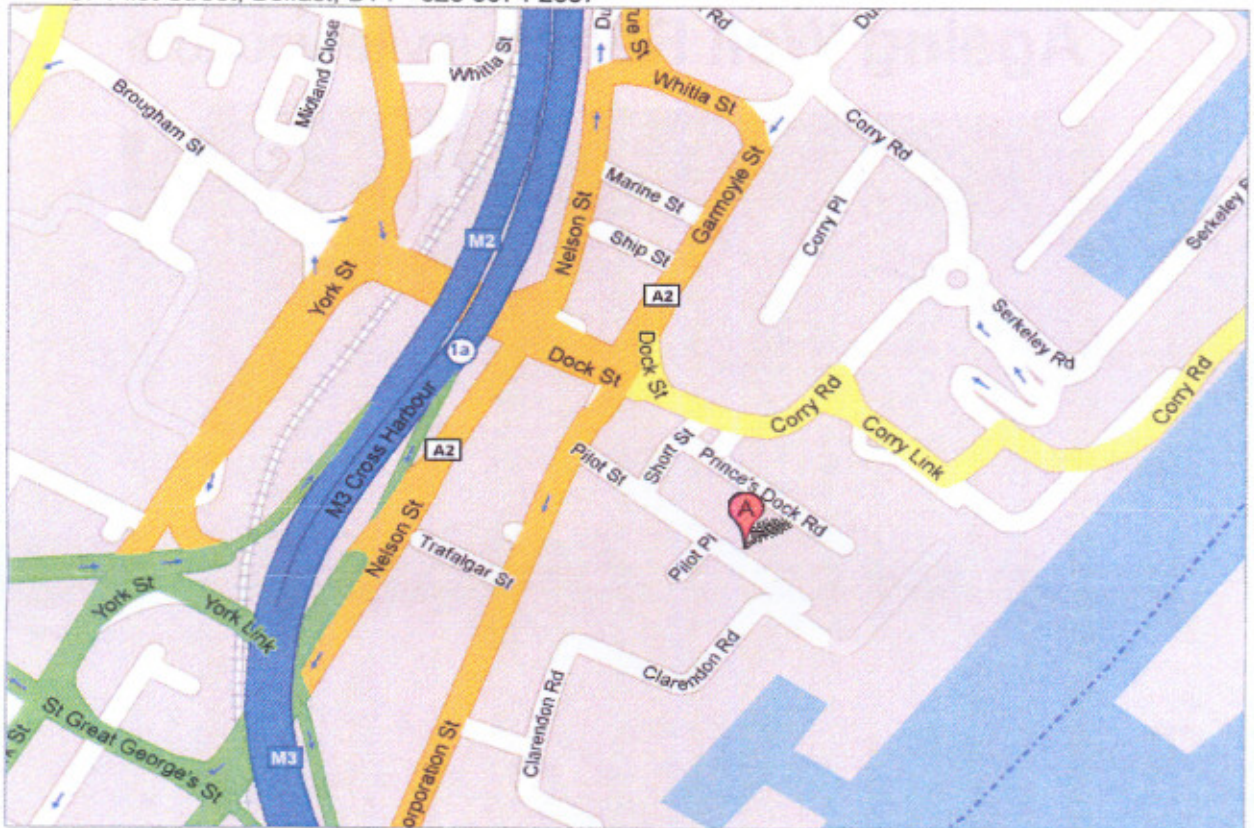
16 JAN 2009



Northern Ireland

Dockers Social Club

57 Pilot Street, Belfast, BT1 - 028 9074 2857



The purpose of this event is to highlight activities undertaken by the men involved in the Ageing Well Reach Pilot Initiative which increased men's involvement in community activities and health programmes in North & West Belfast

Programme

- Guest speakers including Lord Mayor of Belfast, Councillor Tom Hartley, John McNally (silver medal 1952 Olympic boxer), Dr Leslie Boydell (Belfast Health & Social Care Trust) and Nicola Browne (Health Promotion Agency)
- Information and advice on Age Concern, VSB, Handyvan Service, A2B
- Musical entertainment
- Harbour Lights Dance Troupe
- DVD's and books on Sailortown and a photographic display of Sailortown, past and present
- Poetry reading
- Various health information stands - health checks, smoking cessation, Cancer Research UK, Duncairn Healthy Living Centre