

# Staunton Country Park

**Wednesday 24 September**  
**11am – 2pm**

Whether you are still active and well, or just noticing a shift in how you feel, investing more in your health now can shape your next 10 years and beyond.

Join us for a day of **fun activities** focusing on the **positive lifestyle changes** you can make to give you the best opportunity of staying independent in later life!



## Activities

11:30am – 12:30pm	<b>History Walk</b> (meet outside the Coach House)
12pm – 1pm	<b>Qigong taster session</b> (lawn in front of Coach House)
1pm – 2pm	<b>Inclusive Walk</b> (meet by car park pay point)
11am – 2pm	<b>The Spring craft activities</b>
11am – 2pm	<b>Horizon health checks</b>

## Stalls

Visit our range of stalls, offering friendly and informative health and wellbeing advice:

- Community First
- Horizon
- Havant & East Hants Mind

**FREE parking!**  
(code will be provided at event)