

Five Valleys Medical Practice, Price’s Mill Surgery, The Willow Tree Practice and Stonehouse Health Clinic invite you to attend a Live Longer Better event:

**Monday 29th September 2025**

**11.00am - 2.00pm**

**Stratford Park Leisure Centre**

**(Light lunch included on a first come first served basis)**



**Meet a host of groups and services offering opportunities for you to:**

* Be more active
* Increase social connection
* Learn new skills
* Find your creative spark
* Access local support
* Find volunteering opportunities

**Try out a taster session in:**

Pilates, Strength & Balance, Circuits, Dance and Singing

**We look forward to welcoming you**