

AGEING: FROM BIRTH AND BEYOND

Monday 15th – Sunday 21st May 2017

TEMPLARS SQUARE SHOPPING CENTRE

Cowley, Oxford, OX4 3XH

DISCOVER THE SECRETS OF AGEING AND LIVING WELL

Come and talk to local Health and Research Experts
Get Advice & Information on Staying Healthy & Living Well
Take part in the Dementia Café and Carers Coffee Morning
Come to our Dementia Friendly Shopping Days

**Search for Living Well Oxford on Facebook
or Twitter for more details of the event**

STALLS, RESEARCH, ADVICE & INFORMATION

All Week Monday 15th to Sunday 21st May

Researchers now think that **1 in 5 people will live to over 100!**

There are already **850,000 people with dementia** in the UK, with numbers set to rise to over 1 million by 2025.

Living Well Oxford is coming to **Templars Square Shopping Centre** to bring the work of researchers and health experts on **living well, ageing and dementia** to you. They will offer practical advice and information as well as a chance to understand more about the science behind getting older.

SPECIAL EVENTS

Mon 15th : DEMENTIA CAFÉ: 3.00-5.00pm, The William Morris.

Wed 17th : DEMENTIA FRIENDLY SHOPPING DAY in participating shops

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UPSTAIRS EVENTS (sorry no lift). FREE

Tue 16th: INTENSIVE INTERACTION 3.30-5.30pm Workshops for carers

Fri 19th: TURTLE SONG: 2-3 pm Learn to write songs.

Sat 20th: CARERS COFFEE MORNING: 10-4pm Talks, support & free cake

Sun 21st: LIVING WELL GENERATIONS: 11-3pm Free drop in activities

Free parking all day on Sunday.

Visit <http://www.facebook.com/Living-Well-Oxford-270440590012527> for more information and how to book tickets to guarantee entry to the **FREE** special events

This project is supported by a Wellcome Trust **People Award**

