

THE DAVENTRY & DISTRICT FORUM

DDF

Enhancing the Quality of Life for the Over Fifties

Public Forum Event

Thursday 7th March 2019 2-4pm

Daventry Leisure Centre, Lodge Road, Daventry, NN11 4FP

Come along to our **FREE event**



Guest speakers:

Police, Neighbourhood Watch and Community Safety Team
learn about general personal safety and crime prevention

First For Wellbeing Supporting Independence Programme

OTAGO exercise demonstration taster for everyone
a mix of standing and chair exercises

Plus a variety of Promotional Stands

Any enquiries please call Emma Parry
on 01327 302418

For all the latest news from DDF please
visit www.daventrydc.gov.uk/ddf

