



The Golden Age Fair - IXWORTH

Brought to you by the Rural Coffee Caravan

FREE entry, FREE refreshments giveaways & information

TUESDAY **25th** APRIL at the

IXWORTH VILLAGE HALL

(High Street Ixworth IP31 2HH)

2 PM - 4.30 PM

Free organic cotton shopper bag & pen on arrival too



FREE 5 minute hearing checks from



Slipper Exchange!

Bring in old worn out slippers to swap for **free new ones**, (while stocks last) and get Falls Prevention advice! Also **free walking stick ferrules** (**Rubber Tips**)



This FREE Fair is open to all Suffolk residents but especially those of a "Golden Age" over 60'ish! Come and see over 25 organisations, who all provide a wealth of help and advice aimed at helping you stay fit, healthy and independent.



Free mini NHS Healthchecks



Mini health checks include a height and weight check which will calculate a person's body mass index (BMI), carbon monoxide reading for those that smoke and a blood pressure check.



TURN OVER TO SEE WHAT ELSE WILL BE THERE!