

# STAY SAFE AND WELL THIS WINTER



Get your stall passport for a  
**CHANCE TO WIN**

a Microwave, a Slow Cooker,  
a Christmas Hamper and a Fitbit

## SLIPPER EXCHANGE LAUNCH

An exciting new initiative for older  
visitors. Bring your old slippers  
along and swap them for a new,  
anti-slip pair free of charge!

**TUES 5 DEC** 10AM  
-3PM

**Dundas Shopping Centre**

Join us at The Live Well  
Centre for tips and advice  
on how to stay safe, warm  
and healthy this winter,  
as well as access to a  
range of activities  
including:

**Healthy heart checks**

**Welfare advice including  
pension credit assessments**

**Strength and balance  
exercise workshops**

**Healthy recipe ideas and  
lots of other freebies**

**Information and advice stalls  
from experts such as  
Ageing Better Middlesbrough,  
Carers Together, Staying Put  
Agency and more**

**Complimentary hot chocolate**

**Alcohol free christmas punch**

**Hot vegetable soup**

**THE  
LIVE WELL  
CENTRE**

Dundas House  
Dundas Shopping Centre  
Middlesbrough  
TS1 1HR

  
**Middlesbrough**  
moving forward