



EVERYONE

AGE IS JUST A NUMBER

30th September Event Itinerary

EMC Foyer	Welcome Stall	Time
Welcome from our hosts	Everyone Active	12noon-3pm
	Age Friendly	12noon-3pm
	Age UK in Herts	12noon-3pm

EMC Function Room 1	Stalls	Time
Browse round local services available and pick up key information on how to take part or find out more. Plenty of time to talk and network	Police -Cyber Protect Officer	12noon-3pm
	B&M care	12noon-3pm
	SHARP and West Herts Wizards	12noon-3pm
	Harpenden Trust	12noon-3pm
	England Netball	12noon-3pm
	Music24	12noon-3pm
	Imagination Dance	12noon - 2.30
	Talking Therapies NHS	12noon-3pm
	Women's Institution	12noon-3pm
	Communities 1st	12noon-3pm
	Harpenden Lions	12noon-3pm
	Police services	12noon-3pm
St Albans Old People's Trust	12noon-3pm	

EMC Function Room 2	Talks / Workshops	Time
Age UK Herts	Age Friendly Launch	12.15-12.30
EA	"Growing Old Disgracefully"	12.30-1pm
Local Nutritionist - Jane	Healthy Eating	1pm-1.30pm
HSP / MolyFit	How to live longer better	1.30-2pm
High Sheriff	Meet Annie Brewster	2pm-2.30pm
Total Balance Clinic	Meet Ian - Chiropractor and Clinical Director	2.30-3pm

Other Areas	Session / Activity	Time
Museum	Guided Tours and browse new exhibits at your leisure	12noon-3pm
Bar Area downstairs	Gusto – warm food available and community café at a small cost.	12noon – 3pm
Outside the EMC	Health Walk with B&M Care	1.15pm
Outside the EMC	Weather permitting table tennis and netball shooting to be played at own leisure.	12noon-3pm