

WINTER SURVIVAL EVENT

Helping you stay safe, warm and well this winter!

Wednesday 4th November 2015, 11am - 3.00pm
The Floral Pavilion, New Brighton

All are welcome to this **FREE** event to find out about keeping warm and staying healthy during the winter months ahead. Hosted by local radio legend and renowned singing tenor **Johnny Kennedy!**

With lots of **FREE** exhibitions, demonstrations, live music and entertainment throughout the day, there's something for everyone, including:

- ❄ Health checks and healthy living advice
 - ❄ Staying active...have a go at a Zumba Gold class
 - ❄ Debt and money advice
 - ❄ Cookery demonstrations
 - ❄ Advice on reducing your energy bills
 - ❄ Energy Efficiency Bingo
 - ❄ Children's activities
 - ❄ Heating and insulation grants
 - ❄ Tips on beating loneliness and isolation
 - ❄ Getting around on public transport
- ...and lots more!

FREE giveaways... fleece blankets, gloves, thermometers and even bags of fresh vegetables *(while stocks last)*

Arrive early and enjoy a FREE hot drink... and don't forget to try your luck in the FREE Prize Draw!

Part of the **VIRIDIS**
Winter Warmth Campaign

Sponsored by



Highlights of the day include:

11.00am Official Opening by The Mayor of Wirral

11.05am Welcome by your host Johnny Kennedy

11.30am Zumba Gold taster session

12noon Cookery Demonstration

12.30pm Chair Based Exercises

1.00pm Energy Efficiency Bingo

1.30pm Zumba Gold taster session

2.00pm Cookery Demonstration

2.30pm Chair Based Exercises

3.00pm Close