



Living Your Best Life

Thriving not just surviving growing older

The Families Voices Forum is a group of family members from across Northern Ireland who have been bereaved by suicide. We have collaborated with the Age Friendly initiative and the Bogside & Brandywell Health Forum, to host an event which looks at how we can look after our mental health and well being as we grow older.*

We're going to begin with a lunch together and you will get the opportunity to meet services, to have discussions about key topics that affect mental health as we grow older, to get some physical health checks done and to have a taster of different types of complementary therapies.

Monday 25th March 2019

12-4.30pm

The Gasyard Centre,
126-128 Lecky Road, Derry~Londonderry BT48 6NP

To book contact Developing Healthy Communities on **028 7161 1384** or go to the website to book online anytime of the day or night at www.eventbrite.com/e/living-your-best-life-thriving-not-just-surviving-growing-older-tickets-56999266340

Minibuses to the venue will be available from Strabane, Limavady and Derry City centre. Please let us know on booking if you require transport or have any special requirements, including dietary needs. Places are limited.

Families
Voices



Bogside & Brandywell
Health Forum An Fóram Sláinte

age
friendly
DERRY & STRABANE



HSC Public Health
Agency

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