

# Keep warm and well this winter

## **Our advice could help you to:**

- keep warm indoors and out
- keep your energy costs down
- find social activities to stay healthy and active.

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Spennymoor Fire Station, DL16 6YP

Wednesday 25 October 2017

10.00am - 12.00noon

or call us on **0191 374 6577**

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For a free copy of *Winter Wrapped Up*, a free guide to keeping well and staying warm in winter, phone **Age UK Advice** on **0800 169 65 65**.