

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.

Spennymoor Fire Station, DL16 6YP

Wednesday 25 October 2017

10.00am - 12.00noon

or call us on **0191 374 6577**



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**.