**Friday 16th May**

**11.30am to 1.30pm**

**@**



**The Green Man**

**355 Bromley Road**

**London SE6 2RP**

**Entry £3.00**

**Fundraising event in aid of a new 60 Up Friendship club, ‘Fab Friday’**.

* Light Refreshments inc
* Health & Nutrition information
* Downham Nutrition Partnership
* Lewisham Pensioners Forum
* Gift stalls
* Raffle
* Massage, Reflexology, Facials, Paraffin Hand waxing (£5 per

treatment)

* More about Fab Friday

The new ‘Fab Friday’ project will be based at the Green Man every Friday from 11.30am to 1.00pm from Friday 23rd May 2014. The project will provide older adults with a space to meet and enjoy a range of desired activities and will include health and information talks, Complementary Therapies, bingo, celebratory events, intergenerational activities and day trips.

For further details or to pre book a treatment, please phone 60 Up C.I.C. on 020 3667 3704, email [info@60up.org.uk](mailto:info@60up.org.uk), check out our website on [www.60up.org.uk](http://www.60up.org.uk) or write to 60 Up C.I.C at Honor Oak Community Centre, 50 Turnham Road, SE4 2JD

***60 Up is a Community Interest Company Reg. No. 8707885***

The Green Man is situated on Bromley Road (opposite the Homebase). Buses to venue: 136, 320, 54,

208, 181. Off street parking available around the Centre.

