

Eastbourne Seniors Forum
invites you to

The Good Life Show

on
Thursday 27th September 2018
from 10am to 4pm

at

ESF

The View Hotel
Grand Parade
Eastbourne BN21 4DN



free
admission

CeleBRate

FULL
OF LIFE

A wide range of lifestyle information, numerous stalls and demonstrations for the over fifties

Health ✳ Clubs ✳ Fitness ✳ Hobbies ✳ Leisure
Legal ✳ Raffle ✳ Refreshments

Sponsored by:

Heringtons
SOLICITORS



The Chaseley Trust
Supporting People with Disabilities

Meads Care The logo for Meads Care features a stylized blue hand with fingers spread.

Older People's Day - 2018
www.goodlife.esf-online.org