



Park Lane Surgery
Patient Participation Group

Invites you to

Ageing Well Workshop

with Daisy Giuliano,
the Derby City Council Move More
Active Ageing Activator.

Thursday 13th March 2025

7pm at Park Lane Surgery

2 Park Lane, Allestree, Derby DE22 2DS

All ages welcome, but aimed at people 55+

- ***Learn what ageing well means.***
- ***Understand how we might be able to continue to do the things that are important us as we age.***
- ***Understand why it's important to age well for all of us.***