

# Free health and wellbeing days for older people

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**Over 55s who live or work in the Sevenoaks District can come along to free Health & Wellbeing Days running on specific dates from October to December 2024.**

Visit Sevenoaks, Edenbridge or Swanley White Oak Leisure Centres between 10am and 2pm on certain days to explore the centres and meet new people.

There will also be One You advisors and personal trainers on hand to offer free advice on exercise and nutrition, plus an opportunity to have an NHS health check, speak to a diabetes nurse and get a strength and balance test.

There's no need to book and there will be free tea and coffee.

The events take place on the following dates:

**Wednesday 20 November 2024, 10am and 2pm** - Edenbridge Leisure Centre

**Tuesday 3 December 2024, 10am and 2pm** - Sevenoaks Leisure Centre

Cllr Lesley Dyball, the Council's Cabinet Member for People and Places, says: "Health and wellbeing is so important, especially as we get older.

"These free days are there to encourage older residents to check out the facilities we have in the District to keep fit and healthy.

"It's also a great opportunity to speak with our friendly One You Advisors, get diabetes advice and have a general health check."

Hasan Romel, area contract manager at Everyone Active, adds: "To celebrate Silver Sunday, we're inviting everyone over the age of 55 years old, from across the local community, to visit our leisure centres and take part in a range of free activities and health checks, on specific days over the coming months.

"We know how important exercise is for this age group, not just physically but also for the social benefits, which is why we're delighted to be able to offer support in the form of 'Health and Wellbeing Days'. We hope it will

kick start or re-kindle a love for sport and encourage individuals to become active again.”

There is also an opportunity for over 55s to claim a one-day free pass in one of the three leisure centres on the first Sunday of either October, November or December. Passes can be claimed by emailing [communities@sevenoaks.gov.uk](mailto:communities@sevenoaks.gov.uk).