

# Understanding Frailty

Join our interactive workshop to learn what frailty really means, how to recognize early signs, and practical steps to maintain strength, independence, and quality of life as we age.

Dates	Time	Location
Thursday 10 <sup>th</sup> July	11:00am - 12:00pm	Eccles Parish Church 33 Church Road, Eccles, M30 0DL
Thursday 17 <sup>th</sup> July	13:00pm - 14:30pm	Peel Park Pavillion Manchester Road West, Little Hulton, M38 0BZ
Monday 21 <sup>st</sup> July	10:00am - 11:30am	St Paul Peel Parish Community Hall, Manchester Road West, Little Hulton, M38 9EG
Wednesday 8 <sup>th</sup> October	11:00am – 12:30pm	Pendleton Library, Pendleton Gateway, 1 Broadwalk, Salford M6 5FX
Monday 13 <sup>th</sup> October	11:00am – 12:30pm	Eccles Gateway, 28 Barton Lane, Eccles, M30 0TU
Friday 23 <sup>rd</sup> October	1:30pm – 3:00pm	St John's Ellesmere, Algernon Road, Walkden, Worsley, M28 3RE

**Contact us about our activities**

**Email** [AFS@inspiringcommunitiestogether.co.uk](mailto:AFS@inspiringcommunitiestogether.co.uk) or

**Call** Michael 07421129032

[www.Agefriendlysalford.org.uk](http://www.Agefriendlysalford.org.uk)