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ARE YOU AGEING WELL? How to Invest in Your Biological Pension Pot™ – FREE Community Health Seminar

5 August 2026



Are you ageing well? Join Better Health Mind & Body CIC for a free community seminar exploring how strength, movement, balance, sleep, stress, hormones, nutrition and social connection influence healthy ageing. Suitable for adults aged 30+, including people who sit for long periods, notice changes in energy or metabolism, or want to remain strong, mobile and independent. The seminar will be delivered by Isabel Farr and will also introduce free 12-week physical activity courses beginning in Ashtead and Oxshott on 15th September. Only 100 free tickets are available. Registration is essential.

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